

An Elf and an Orc Had a Little Baby

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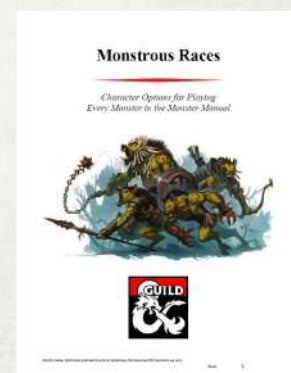
Aloysius' Guide to Social Acceptance



Birds of Paradise



Monstrous Races



COVER



On the cover, Atornii depicts a loving couple holding a future adventurer in their arms.

INTRODUCTION

Every person you meet in the worlds of DUNGEONS & DRAGONS comes from somewhere. The brass-scaled shopkeep in the doorway might have two draconic birth parents, or their birth parents might be a human and a brass dragon. That surly rock gnome seems typical for her kind until she opens her mouth to speak perfect Infernal and explains she was raised in Avernus. When you ask that dwarf walking down the street if he's born of the mountain dwarves of the western peak or the hill dwarf clan from the southern gully, he might say the truth is a bit of both. And who could forget his adorable dworc twins, one on each arm?

Indeed, every person you meet is born of two parents and raised in a particular environment and culture, making them a unique and valuable part of the multiverse. Accordingly, in this supplement,

instead of choosing one monolithic “race,” you choose parentage traits and an upbringing.

Your birth parents might be two humans from Phandalin. Or they might be a kobold and a gnome who fell in love and had you—but through a tragic chain of events, you ended up being raised by sea elf pirates just off the Sword Coast. In this supplement, there is room for both stories.

CHOOSING PARENTAGE TRAITS

In the worlds of D&D, humans live and work alongside dwarves, elves, halflings, and countless other fantastic folk. As evidenced by genasi, aasimar, tieflings, and many others, a person can take a lover from among another people and have children together. Your character can belong to one or more of these peoples.

How common mixed offspring are in your world is up to you, your DM, and your fellow players. With this supplement, you have the tools to create as many—or as few—mixed offspring characters and NPCs as needed.

CHOOSING AN UPRISING

While your choice of birth parents affects your character's innate traits, your choice of upbringing establishes the fundamental qualities that you gain from your backstory. Perhaps you inherited a breath weapon from your father, psionic powers from your mother, and learned a proficiency with armor from your upbringing. One thing's for sure: with your combined traits, you're a force to be reckoned with.

Your upbringing affects your ability scores, adds a trait or two, and provides cues for building your character's backstory. In this supplement, the description of each upbringing provides roleplaying cues that put you well on your way to crafting a unique backstory.

PARENTAGE TRAITS

You have a pool of 16 points (an average of 8 from each birth parent) with which to buy parentage traits. To represent your parentage, choose one or more parentages.

Each parentage entry includes parentage traits: innate characteristics passed on to you. The following items appear among the traits of most parentages.

I, II, III...

Some of the birth parent options are listed with a roman numeral. These denote variants that may come from the same parentage.



AGE

By default, the lifespan of a player character in the D&D multiverse is about a century, assuming the character doesn't meet a violent end. Some parentages have the Short-Lived or Long-Lived trait, which can lengthen or shorten the typical lifespan, but usually only if the same trait is inherited from both birth parents.

ALIGNMENT

You are a sentient individual with agency to make your own choices. Your alignment is not constrained by your parentage, upbringing, background, or class. Choose any alignment.

SPEED

By default, your speed is 30 feet. Choosing certain parentage traits, such as those of elves, dwarves, or halflings, may increase or reduce your speed.

TRAITS

Unless specified by a trait's description, a trait's benefits, abilities, and bonuses do not stack. If you inherit two traits of the same name, you only add it to your character sheet once unless otherwise stated.

RACIAL FEATS

If your DM allows the racial feats from *Xanathar's Guide to Everything*, substitute the racial requirement of any feat with the equivalent parentage requirement. (Elven or orc parentage counts as both elf and "half-elf" or both orc and "half-orc" respectively.)

UPBRINGING TRAITS

Each upbringing includes traits instilled early in life. The following traits are included in most upbringings, but not all.

ABILITY SCORE INCREASE

Most upbringings increase one or more ability scores.

LANGUAGES

By default, every upbringing teaches at least one language. The vast majority of upbringings list more than one. Language options are divided between standard and rare languages. When prompted to choose a language of your choice, your options are wide open. But when prompted to choose a standard language, you must choose from only the corresponding languages on the provided table.



AARAKOCRA PARENTAGE

A popular legend says aarakocra are not native to the Material Plane. They hail from a world beyond: the boundless vistas of the Elemental Plane of Air.

From below, aarakocra look much like large birds. Only when they descend to roost upon a branch or walk across the ground does their humanoid appearance reveal itself. Standing upright, aarakocra might reach 5 feet tall, with long, narrow legs that taper to sharp talons.

Aarakocra are a very diverse people. Their plumage can be brightly colored or more subdued, their feathers ranging from dazzling reds and eye-catching yellows to muted palettes of brown or gray. Their heads can resemble those of parrots, eagles, owls, quails, ravens, or any other birds.

Some aarakocra are like waterfowl, as at home on the water as they are in the skies. Others are nocturnal hunters, silent on the wing and able to pierce the darkness. Some have alluring, colorful feathers, and others have toxic plumage. Some aarakocra found their way to the Feywild, living flighty and fast. Others descended into Hell, taking on infernal traits.

MIXED AARAKOCRA

If an aarakocra takes a lover of another people, the couple can sometimes produce offspring. If the aarakocra parent is the one giving birth, the aarakocra hatches from an egg. Otherwise, the mixed aarakocra is born the way its non-aarakocra parent gives birth.

Mixed aarakocra are at least as diverse as their avian birth parent. The dizzying array of colors, abilities, and aptitudes is a testament to the adaptability of aarakocra bloodlines.

AARAKOCRA TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are aarakocra, choose from the following.

AMPHIBIOUS (1 POINT)

You can breathe air and water.

AVIAN FEET (–2 POINTS)

Your base speed reduces to 25 feet.

BRIGHTLY COLORED (1 POINT)

You have a brightly colored breast that warns of your toxic nature. You have advantage on Charisma (Intimidation) checks made to intimidate birds, aarakocra, and other avian creatures.

CRANE KICK (4 POINTS)

Your kicks are unusually powerful. Immediately after you hit a creature with a melee attack as part of the Attack action on your turn, you can use a bonus action to attempt to shove that target with one of your legs. The target must be no more than one size larger than you and within 5 feet of you. Unless the target succeeds on a Strength saving throw, it is knocked prone. The DC is equal to 8 + your proficiency bonus + your Strength modifier.

FEYWILD PARENTAGE (3 POINTS)

You have advantage on saving throws against being charmed, and magic can't put you to sleep.

FLIGHT (6 POINTS)

You have a flying speed of 20 feet. To use this speed, you can't be wearing medium or heavy armor.

HELLISH RESISTANCE (3 POINTS)

You are resistant to fire damage.

IMPROVED FLIGHT (10 POINTS)

You have a flying speed of 30 feet. To use this speed, you can't be wearing medium or heavy armor.

LIGHTNING FAST (3 POINTS)

As a bonus action, you can increase any one of your speeds by 10 feet for one minute. Once you use this trait, you can't use it again until you finish a long rest.

PREEN (1 POINT)

You have advantage on the first Charisma (Persuasion) check you make after finishing a short or long rest.

SHORT-LIVED (0 POINTS)

If you inherit this trait from your other birth parent also, your lifespan is relatively short.

SUNLIGHT SENSITIVITY (–6 POINTS)

You have disadvantage on attack rolls and on Wisdom (Perception) checks that rely on sight when you, the target of your attack, or whatever you are trying to perceive is in direct sunlight.

SUPERIOR DARKVISION (6 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 120 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

SUPERIOR FLIGHT (16 POINTS)

You have a flying speed of 40 feet. To use this speed, you can't be wearing medium or heavy armor.

TALONS (1 POINT)

Your talons are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal slashing damage equal to 1d4 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

TOXIC PLUMAGE (2 POINTS)

When you grapple another creature or you are grappled by a creature, the creature takes 1d4 poison damage at the start of the grapple and at the start of each of its turns until the grapple ends.

WEBBED FEET (1 POINT)

You are naturally buoyant and have a swimming speed of 30 feet. To use this speed, you must be on the surface of the water or ascending in a straight line toward the surface. Moving through water in any other way costs 1 extra foot (2 extra feet in difficult terrain) as normal, unless you have a swimming speed inherited from your other birth parent or your upbringing.

EXAMPLE BIRTH PARENT

You can make an aarakocra birth parent option quickly with any of these examples.

AARAKOCRA BIRTH PARENT

One of your birth parents is an aarakocra. You have feathered wings and can fly, and you gain natural weapons in the form of talons. You can choose this birth parent option twice.

- Avian Feet
- Flight
- Short-Lived
- Talons

BIRD-OF-PARADISE BIRTH PARENT

One of your birth parents is a bird-of-paradise aarakocra. You have colorful plumage and the gift of flight.

- Flight
- Preen
- Short-Lived

FLAMINGO BIRTH PARENT

One of your birth parents is a flamingo aarakocra. You have a powerful kick and webbed feet.

- Avian Feet
- Crane Kick
- Flight
- Short-Lived
- Webbed Feet

GREAT CRESTED GREBE BIRTH PARENT

One of your birth parents is a great crested grebe aarakocra. You are a natural in the air and on the water.

- Amphibious
- Flight
- Short-Lived
- Webbed Feet

HUMMINGBIRD BIRTH PARENT

One of your birth parents is a hummingbird aarakocra. You are flighty and fast.

- Feywild Parentage
- Flight
- Lightning Fast
- Short-Lived

OWL BIRTH PARENT

One of your birth parents is an owl aarakocra. You have the adaptations of a nocturnal aerial predator.

- Flight
- Short-Lived
- Sunlight Sensitivity
- Superior Darkvision
- Talons

PITOHUI BIRTH PARENT

One of your birth parents is a pitohui aarakocra. You have toxic feathers.

- Brightly Colored
- Hellish Resistance
- Short-Lived
- Toxic Plumage



ABEIL PARENTAGE

Abeils typically have a mixture of bee and elven features. The fur on their body resembles the hair of a bumblebee and covers them from head to toe. The elven features are most prominent on their faces, though their eyes are black and faceted. Abeils also have antennae, four-fingered hands, crystalline bee-like wings, and stingers.

Abeils live in communities comparable to beehives. The majority of a community's population are workers and about a third are soldiers. Abeils frequently expand to other communities when the ones they live in grow too large.

In this society, there are very strict roles. Workers perform the community's labor at the queen's command, and soldiers patrol the community and other areas under their control. They are suspicious of outsiders and keep to themselves, refusing to interact with nearby civilizations.

While the soldiers and workers labor away with their daily tasks, the queen spends her days rearing juveniles, some of whom will become queens in their own right when some of the hive's members leave to form new communities.

MIXED ABEILS

Due to abeils' isolation, mixed abeils are extremely rare. Those who do exist are often the result of abeils who have left the hive. In rare instances, mixed abeils are the result of an abeil-non-abeil parentage where the hive has welcomed the non-abeil parent member of the community or a friend of the queen.

Mixed abeils can resemble either birth parent. Those who resemble their abeil parent typically have the same mix of elven features and multifaceted eyes.

ABEIL TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are abeils, choose from the following.

BUZZ (5 POINTS)

You can flap your wings fast enough to create a droning noise. All creatures within 60 feet that can hear you must make a Wisdom saving throw. The DC is equal to 8 + your proficiency bonus + your Dexterity modifier. On failure, a creature takes 2d8 bludgeoning damage and falls unconscious until they take damage or someone uses an action to shake or slap the unconscious creature to consciousness. On a success, the target only takes half damage and does not fall unconscious. Once you use this trait, you can't use it again until you finish a long rest.

FLIGHT (6 POINTS)

Because of your wings, you have a flying speed of 20 feet. To use this speed, you can't be wearing medium or heavy armor.

NECTAR (2 POINTS)

You can devour food equivalent to 1 ration and regurgitate it as up to 10 servings of sweet nectar-like paste. You can store this nectar in any container that holds liquid. A serving of nectar provides enough nourishment equivalent to one day of rations. Once you use this trait, you can't use it again until you finish a long rest.

STING (1 POINT)

Your stinger is a natural weapon, which you can use to make unarmed strikes. If you hit with it, you deal piercing damage equal to 1d4 + your Strength modifier instead of the bludgeoning damage normal for an unarmed strike.

STINGER (8 POINTS)

Your stinger is a natural weapon, which you can use to make unarmed strikes. If you hit with it, you deal piercing damage equal to 1d8 + your Strength modifier instead of the bludgeoning damage normal for an unarmed strike.

In addition, as a bonus action on a successful stinger attack, you can force the target to make a Constitution saving throw. The DC is equal to 8 + your proficiency bonus + your Strength modifier. On a failure, the target is paralyzed for one minute and must repeat the saving throw at the start of each turn. On a success, the effect ends. This has no effect on constructs or undead. Once you impose this effect, you can't impose it again until you finish a long rest.

EXAMPLE BIRTH PARENT

You can make an abeil birth parent option quickly with any of these examples.

ABEIL BIRTH PARENT

One of your birth parents is an abeil. You are able to fly and have a powerful sting.

- Flight
- Sting

SOLDIER ABEIL BIRTH PARENT

One of your birth parents is a soldier abeil. You have a powerful stinger.

- Stinger

WORKER ABEIL BIRTH PARENT

One of your birth parents is a worker abeil. Your wings make a powerful droning noise, and you produce nectar that can fully nourish you and others.

- Buzz
- Nectar



ABYSSAL PARENTAGE

Spawned in the Infinite Layers of the Abyss, demons are typically engines of destruction barely contained in varied forms. The Abyss creates demons as extensions of itself, spontaneously forming fiends. Some are unique monstrosities, while others are virtually identical to each other. Other demons (such as manes) are created from mortal souls who die or find themselves trapped in the Abyss.

Outside the Abyss, death is a minor nuisance that no demon fears. When a lucky mortal manages to drop a demon in combat, the fiend dissolves into ichor. It then instantly reforms in the Abyss. The only way to truly destroy a demon is to seek it in the Abyss and kill it there.

Despite the risks involved in dealing with fiends, people who covet demonic power fill the mortal realm. Those who would risk summoning a demon might do so to wrest information from it or send it on a mission that only a creature of power can complete. Preparation is key, and experienced summoners know the specific spells and magic items that can call a demon. If a single mistake is made, a demon typically shows no mercy as it makes its summoner its first victim.

MIXED DEMONS

Those who have summoned demons, visited the Infinite Abyss, or have had other prolonged contact with demonkind sometimes have children or grandchildren who manifest an abyssal heritage. Rarely, demons take mortal lovers for any number of reasons.

Mixed demons have traits like claws, resistance to toxins and poisons, thick skin, innate magic, and more. Mixed demons are as varied in appearance and ability as their abyssal ancestors, and their ethics and codes of content run the entire gamut.

ABYSSAL TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are demons, choose from the following.

ABYSSAL FORTITUDE (2 POINTS)

You have advantage on saving throws against poison.

ABYSSAL RESISTANCE (3 POINTS)

You have resistance to poison damage.

If you already have poison resistance inherited from your other birth parent, you are immune to poison damage.

BITE (1 POINT)

Your teeth are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to $1d4 +$ your Strength modifier, instead of the damage normal for an unarmed strike.

CHARGE (4 POINTS)

If you move at least 15 feet toward a creature and hit it with a Strength-based melee weapon attack on the same turn, the target takes an extra $1d6$ damage from the attack.

This damage increases to $2d6$ at 5th level, $3d6$ at 11th level, and $4d6$ at 17th level.

CLAWS (1 POINT)

Your claws are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal slashing damage equal to $1d4 +$ your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

CLIMB (2 POINTS)

You have a climbing speed of 20 feet.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

DEMONIC APPENDAGES (-2 POINTS)

Your base speed reduces to 25 feet.

DEMONIC REFLEXES (6 POINTS)

Your Armor Class increases by 1.

DRONE (3 POINTS)

When you reach 3rd level, you can cast the *sleep* spell once with this trait and regain the ability to do so when you finish a long rest. Every 4 levels after that, you can cast *sleep* at a spell slot 1 level higher (2nd level at 5th level, 3rd level at 9th level, 4th level at 13th level, and 5th level at 17th level).

You can also cast this spell using any spell slots you have of the appropriate level. Constitution is your spellcasting ability for this spell.

ENERGY RESISTANCE (3 POINTS)

Choose one from among cold, fire, and lightning. You have resistance to this damage type.

FANGS AND FISTS (4 POINTS)

Your bite and fists are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal piercing or bludgeoning damage equal to $1d8 +$ your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

FETID CLOUD (4 POINTS)

As an action, you can create a 10-foot radius of disgusting green gas extending out from you. The gas spreads around corners, and its area is lightly obscured. It lasts for 1 minute or until a strong wind disperses it. You must maintain concentration during this time, as if you were casting a spell.

Any creature that starts its turn in that area must succeed on a Constitution saving throw or be poisoned until the start of its next turn. The DC for this saving throw equals $8 +$ your Constitution modifier $+ your proficiency bonus$. While poisoned in this way, a creature can take either an action or a bonus action on its turn, not both, and can't take reactions.

Once you use this trait, you can't use it again until you finish a long rest.

FIRE AURA (1 POINT)

As an action, you create an aura of abyssal flames. Each creature within 5 feet of you must succeed on a Dexterity saving throw or take $1d6$ fire damage. The DC for this saving throw is $8 + your proficiency bonus + your Charisma modifier$. The damage increases by $1d6$ when you reach 5th level ($2d6$), 11th level ($3d6$), and 17th level ($4d6$).

Once you use this trait, you can't use it again until you finish a long rest.

FLIGHT (6 POINTS)

You have bat-like wings sprouting from your shoulder blades. You have a flying speed of 20 feet. To use this speed, you can't be wearing medium or heavy armor.

HIDDEN STEP (4 POINTS)

As a bonus action, you can magically turn invisible until the start of your next turn or until you attack, make a damage roll, or force a creature to make a saving throw. Once you use this trait, you can't use it again until you finish a short or long rest.

HORNS (1 POINT)

Your horns are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to 1d4 + your Strength modifier, instead of the damage normal for an unarmed strike.

HORROR NIMBUS (2 POINTS)

As an action, you can emit a scintillating, multicolored light that instills fear in nearby creatures. Each creature within 10 feet of you that can see the light must succeed on a Wisdom saving throw or be frightened for 1 minute. The DC for this saving throw is 8 + your proficiency bonus + your Charisma modifier. A creature can repeat the saving throw at the end of each of its turns, ending the effect on itself on a success. If a creature's saving throw is successful or the effect ends for it, the creature is immune to your Horror Nimbus for the next 24 hours.

You must maintain concentration for the duration, as if concentrating on a spell. If your concentration ends, affected creatures are no longer frightened by this trait.

Once you use this trait, you can't use it again until you finish a long rest.

IMPROVED CLAWS (2 POINTS)

Your claws are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal slashing damage equal to 1d6 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

LABYRINTHINE RECALL (1 POINT)

You can perfectly recall any path you have traveled.

LITTLE (0 POINTS)

If you inherit this trait from your other birth parent also, your size is Small.

MORTALSHAPE (1 POINT)

As an action, you can magically take the form of a humanoid or back into your true form, a yellow oozy body that seems to be constantly melting and piling back up like a living candle. Any equipment you are holding or wearing is not transformed. You retain all of your own statistics.

A creature can use its action to inspect you and must succeed on an Intelligence (Investigation) check to perceive your true nature. The DC of this check is 8 + your proficiency bonus + your Charisma modifier.

Once you use this trait, you can't use it again until you finish a long rest.

NATURAL ARMOR (1 POINT)

When you aren't wearing armor, your AC is 12 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.



PINCERS (6 POINTS)

Your pincers are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal bludgeoning damage equal to 1d6 + your Strength modifier, instead of the damage normal for an unarmed strike.

On a hit with your pincers, you can use a bonus action to grapple the target.

POISON CLAWS (2 POINTS)

Your claws are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to 1 + your Strength modifier plus 1d6 poison damage, instead of the damage normal for an unarmed strike.

POISON RESISTANCE (3 POINTS)

You have resistance to poison damage.

If you already have poison resistance inherited from your other birth parent, you are immune to poison damage.

PROBOSCIS (4 POINTS)

Your proboscis is a natural weapon, which you can use to make unarmed strikes. If you hit with it, you deal piercing damage equal to 1d4 + your Strength modifier plus 1d4 necrotic damage, instead of the bludgeoning damage normal for an unarmed strike.

SCARE (1 POINT)

As an action, you can instill fear in a creature. One creature of your choice within 20 feet must succeed on a Wisdom saving throw or be frightened for 1 minute. The DC of this saving throw is 8 + your proficiency bonus + your Charisma modifier. The target can repeat the saving throw at the end of each of its turns, ending the effect on itself on a success.

Once you use this trait, you can't use it again until you finish a long rest.

SENSE MAGIC (1 POINT)

When you reach 3rd level, you can cast the *detect magic* spell as a ritual.

SHADOW STEALTH (2 POINTS)

While in dim light or darkness, you can take the Hide action as a bonus action.

SHADOWY CLAWS (3 POINTS)

Your claws are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal psychic damage equal to 1d6 + your Strength modifier, instead of the damage normal for an unarmed strike.

SIEGE (1 POINT)

When you hit with a melee attack, you deal double damage to objects and structures.

SIX ARMS (1 POINT)

You can hold one appropriately-sized item in each of your four extra hands. However, you cannot wield weapons or hold shields with them.

In addition, you count as one size larger when determining your carrying capacity and the weight you can push, drag, or lift.

SPIDER CLIMB (2 POINTS)

You can climb difficult surfaces, including upside down on ceilings, without needing to make an ability check.

SPORES (2 POINTS)

As an action, you can shake poisonous spores from your wings to infect creatures within 15 feet. The spores spread around corners. Each creature in that area must succeed on a Constitution saving throw or become poisoned. The DC of this saving throw is 8 + your proficiency bonus + your Constitution modifier.

A target can repeat the saving throw at the end of each of its turns, ending the effect on itself on a success. Emptying a vial of holy water on the target also ends the effect on it.

Once you use this trait, you can't use it again until you finish a long rest.

STEALTHY (2 POINTS)

You have proficiency in the Stealth skill.

STENCH (4 POINTS)

As a bonus action, you can exude a horrifying stench for up to one minute. Any creature that starts its turn within 5 feet of you must succeed on a Constitution saving throw or be poisoned until the start of its next turn. The DC for this saving throw is 8 + your proficiency bonus + your Constitution modifier.

You must maintain concentration for the duration, as if concentrating on a spell. If your concentration ends, affected creatures are no longer poisoned by this trait.

Once you use this trait, you can't use it again until you finish a short or long rest.

SUNLIGHT SENSITIVITY (–6 POINTS)

You have disadvantage on attack rolls and on Wisdom (Perception) checks that rely on sight when you, the target of your attack, or whatever you are trying to perceive is in direct sunlight.

TELEPATHY (3 POINTS)

You can communicate telepathically with any creature within 30 feet that understands at least one language you're fluent in.

TOUGH SKIN (2 POINTS)

When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

VERMINSHAPE (1 POINT)

As an action, you can magically take the form of a bat, centipede, or toad. Any equipment you are holding or wearing is not transformed. You retain all of your own statistics, and the effect ends if you take damage.

A creature can use its action to inspect you and must succeed on an Intelligence (Investigation) check to perceive your true nature. The DC of this check is 8 + your proficiency bonus + your Charisma modifier.

Once you use this trait, you can't use it again until you finish a long rest.

WEB WALKER (1 POINT)

You ignore movement restrictions caused by webbing.

YOCHLOL MAGIC (4 POINTS)

When you reach 3rd level, choose the *detect thoughts* or *web* spell. You can cast this spell once with this trait and regain the ability to do so when you finish a long rest.

You can also cast the chosen spell using any spell slots you have of the appropriate level. Charisma is your spellcasting ability for this spell.

EXAMPLE BIRTH PARENT

You can make an abyssal birth parent option quickly with any of these examples.

ABYSSAL BIRTH PARENT I

One of your birth parents is of demonic descent or perhaps even a demon themselves. You are resistant to poison, possess sharp claws, and can see in the dark.

- Abyssal Resistance
- Claws
- Darkvision

ABYSSAL BIRTH PARENT II

One of your birth parents is of demonic descent or perhaps even a demon themselves. You are resistant to poison and some elemental damage and can communicate telepathically.

- Abyssal Fortitude
- Energy Resistance
- Telepathy

BALOR BIRTH PARENT

One of your birth parents is of balor descent or perhaps even a balor themselves. You have leathery wings and a flaming aura.

- Fire Aura
- Flight
- Natural Armor

BARLGURA BIRTH PARENT

One of your birth parents is of barlgura descent or perhaps even a barlgura themselves. You have a powerful bite, strong arms, and tough skin.

- Climb
- Fangs and Fists
- Tough Skin

GLABREZU BIRTH PARENT

One of your birth parents is of glabrezu descent or perhaps even a glabrezu themselves. You have scaly skin, an extra pair of limbs that end in pincers, and the innate ability to sense magic.

- Natural Armor
- Pincers
- Sense Magic

CHASME BIRTH PARENT

One of your birth parents is of chasme descent or perhaps even a chasme themselves. You possess an insectile mouth, clinging barbs on your hands and feet, and flightless, droning wings.

- Demonic Appendages
- Drone
- Proboscis
- Spider Climb

GORISTRO BIRTH PARENT

One of your birth parents is of goristro descent or perhaps even a goristro themselves. You have horns, hooves, and a perfect memory for mazes.

- Charge
- Horns
- Labyrinthine Recall
- Natural Armor
- Siege

DRETCH BIRTH PARENT

One of your birth parents is of dretch descent or perhaps even a dretch themselves. You have noxious glands, sharp claws, and thick skin.

- Demonic Appendages
- Fetid Cloud
- Improved Claws
- Natural Armor
- Poison Resistance

HEZROU BIRTH PARENT

One of your birth parents is of hezrou descent or perhaps even a hezrou themselves. You have scaly skin, a noxious natural defense, and dangerous teeth and claws.

- Bite
- Claws
- Natural Armor
- Stench

MARILITH BIRTH PARENT

One of your birth parents is of mariith descent or perhaps even a marilith themself. You have two extra pairs of limbs, but they aren't strong or long enough to effectively wield weapons.

- Demonic Reflexes
- Natural Armor
- Six Arms

SHADOW DEMON BIRTH PARENT

One of your birth parents is of shadow demonic descent or perhaps even a shadow demon themself. You are shadowy, light-sensitive, and clawed.

- Flight
- Shadow Stealth
- Shadowy Claws
- Stealthy
- Sunlight Sensitivity

NALFESHNEE BIRTH PARENT

One of your birth parents is of nalfeshnee descent or perhaps even a nalfeshnee themself. You have a pair of small feathered wings, sharp teeth and claws, and terrifying demonic magic.

- Bite
- Claws
- Demonic Appendages
- Flight
- Horror Nimbus

VROCK BIRTH PARENT

One of your birth parents is of vrock descent or perhaps even a vrock themself. You have a pair of feathered wings that loose poisonous spores.

- Flight
- Spores

QUASIT BIRTH PARENT

One of your birth parents is of quasit descent or perhaps even a quasit themself. You can deliver poison with your claws, turn invisible, and change your physical form.

- Hidden Step
- Little
- Poisoned Claws
- Scare
- Verminshape

YOCHLOL BIRTH PARENT

One of your birth parents is of yochlol descent or perhaps even a yochlol themself. Your skin is yellow and drippy, but you can transform into a humanoid and climb like a spider.

- Mortalshape
- Spider Climb
- Web Walker
- Yochlol Magic



DRIDER PARENTAGE

Driders are centaur-like creatures, resembling drow from the waist up while their lower half is that of a giant spider. Drow who fail a test devised by Lolth or her high priestesses are cursed to become driders, but a few creatures become driders by other means.

A number of cursed driders take their cursed form and exile to heart and do not interact with each other or other people. Other driders find comfort in community and band together. And in even rarer cases, some become members of non-drow communities.

Driders who form communities, whether they were born driders or were cursed to become so, set up societies that drow who follow Lolth wouldn't recognize. There's an aspect of bonding, love, and affection that is completely missing from any Lolth-based society. These communities keep to themselves as much as possible and hide out in the darkest places of the Underdark to avoid detection.

Oftentimes, driders make their home among giant spiders—with whom they have a kinship—regardless of how they came to have their form.

MIXED DRIDERS

Mixed driders often have the lower body of their drider parent. This can make it hard to acclimate to non-drow society since most places aren't built to accommodate those with more than two legs.

Mixed driders with spider bodies often find themselves among groups of people who have more than two feet if they don't stay in close proximity to their drider parent.

DRIDER TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are driders, choose from the following.

BITE (2 POINTS)

Your teeth are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to 1d6 + your Strength modifier instead of the bludgeoning damage normal for an unarmed strike.

CLIMB (1 POINT)

You have a climbing speed of 20 feet.

DROW MAGIC (2 POINTS)

When you reach 3rd level, you can cast the *faerie fire* spell once with this trait and regain the ability to do so when you finish a long rest.

FEY ANCESTRY (1 POINT)

You have advantage on saving throws against being charmed, and magic can't put you to sleep.

IMPROVED CLIMB (4 POINTS)

You have a climbing speed of 30 feet.

NATURAL ARMOR (1 POINT)

When you aren't wearing armor, your AC is 12 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

SUNLIGHT SENSITIVITY (−6 POINTS)

You have disadvantage on attack rolls and on Wisdom (Perception) checks that rely on sight when you, the target of your attack, or whatever you are trying to perceive is in direct sunlight.

SUPERIOR DARKVISION (6 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 120 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.



SUPERIOR NATURAL ARMOR (6 POINTS)

When you aren't wearing armor, your AC is 14 + your Dexterity modifier (to a maximum of +2). You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

EXAMPLE BIRTH PARENT

You can make a drider birth parent option quickly with either of these examples.

DRIDER BIRTH PARENT I

One of your birth parents is a drider. You have sharp teeth and superior darkvision.

- Bite
- Superior Darkvision

DRIDER BIRTH PARENT II

One of your birth parents is a drider. You are able to climb along surfaces and know the magic of your drow ancestors.

- Drow Magic
- Fey Ancestry
- Improved Climb
- Sunlight Sensitivity
- Superior Natural Armor



DRYAD PARENTAGE

Travelers entering a forest might catch a glimpse of a form flitting through the trees. Warm laughter hangs in the air, drawing those who hear it deeper into the emerald shadows.

Fey spirits sometimes bind themselves to trees, transforming themselves into dryads. A dryad can emerge from the tree and travel the lands around it, but the tree remains their home and roots them to the world. The dryad stays forever youthful and resplendent as long as the tree remains healthy. If their tree is harmed, they suffer, and if the tree is ever destroyed, the dryad withers and dies.

Dryads typically act as guardians of their woodland demesnes, or at minimum, their own tree. They work with other sylvan creatures to defend their forests. Unicorns, treants, and satyrs live alongside them, in addition to the druids who would protect the dryads' homes.

Dryads are innately magical. They speak with plants and animals. They can teleport from one tree to another, luring interlopers away from their groves. They also know a handful of useful spells.

MIXED DRYADS

Some dryads immediately confront any intruder who strays into their copse or forest. Others who are more reclusive or curious watch interlopers from the trees. A dryad struck by the beauty, personality, or skill of a stranger might investigate more closely. A few even form romantic unions, temporarily or for a lifetime.

The children of such unions are mixed dryads. They look much like their non-dryad birth parent, but they might smell of the forest, be followed by small beasts and birds, have a green thumb, or literally have green skin. They might also see in the dark, have a way with people and animals, or be blessed with sylvan magic.

Mixed dryads aren't necessarily bound to a tree, like their dryad parent. Some, however, voluntarily undergo a ritual that intertwines their fate with that of a tree.

DRYAD TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are dryads, choose from the following.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

DRYAD MAGIC (8 POINTS)

You know the *druidcraft* or *shillelagh* cantrip (your choice). When you reach 3rd level, choose the *entangle* or *goodberry* spell. You can cast this spell once with this trait and regain the ability to do so when you finish a long rest. When you reach 5th level, choose the *barkskin* or *pass without trace* spell. You can cast this spell once with this trait and regain the ability to do so when you finish a long rest.

You can also cast these spells using any spell slots you have of the appropriate level. Charisma is your spellcasting ability for these spells.

FEY CHARM (5 POINTS)

As an action, you magically charm one humanoid or up to three beasts within 30 feet. If the target can see you, it must make a Wisdom saving throw, and does so with advantage if you or your companions are fighting it. The DC of the saving throw is 8 + your proficiency bonus + your Charisma modifier. If the target fails the saving throw, it is charmed by you for one hour or until you or your companions do anything harmful to it. A charmed creature regards you as a friendly acquaintance. When the effect ends, the creature knows that it was charmed by you.

Once you use this trait, you can't use it again until you finish a short or long rest.

LONG-LIVED (0 POINTS)

If you inherit this trait from your other birth parent also, your lifespan is relatively long.

EXAMPLE BIRTH PARENT

You can make a dryad birth parent option quickly with either of these examples.

DRYAD BIRTH PARENT I

One of your birth parents is a dryad. You possess innate sylvan magic.

- Dryad Magic
- Long-Lived

DRYAD BIRTH PARENT II

One of your birth parents is a dryad. Your appearance can charm animals and people.

- Darkvision
- Fey Charm
- Long-Lived





FAIRY PARENTAGE

Fairies are the bridge between the Feywild and the Material Plane. Though their dealings with the mortal realm are often brief, many fairies learn Common during those interactions. Because of this, they are often the best messengers between the two worlds.

Despite spending time in the Material World, fairies seldom forget their fey roots, and, much like pixies and sprites, they have infinite energy to play tricks on those of the Material Plane. Using their potent natural magic, they slip in and out of the Feywild to prey on unsuspecting humanoids. These pranks aren't inherently cruel by nature and are often something the victim laughs about afterward.

Fairies are high-spirited, easy to be with, and love a good song and tale, but when their friends or family are in danger, the jests turn into jabs.

MIXED FAIRIES

Due to the chaotic nature of the Feywild magic coursing through their blood, the traits mixed fairies inherit are a complete surprise.

If fairies straddle two worlds, mixed fairies are no different. The fairy parent often ensures their child spends as much time as possible in the Feywild, soaking up the joy and magic. Some fairies have been known to take this a little too far, raising their child for years before returning them to the Material Plane.

When mixed fairies grow up, they often find themselves spending time away from home. Those who were whisked away to the Feywild for most of their lives return as adventurers to the Material Plane and vice versa.

FAIRY TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are fairies, choose from the following.

FAIRY MAGIC (8 POINTS)

You know the *druidcraft* cantrip. Starting at 3rd level, you can cast the *faerie fire* spell once with this trait and regain the ability to do so when you finish a long rest. Starting at 5th level, you can also cast the *enlarge/reduce* spell with this trait and regain the ability to do so when you finish a long rest.

You can also cast either of these spells using any spell slots you have of the appropriate level. Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells (chosen when you select this parentage).

FLIGHT (6 POINTS)

Because of your wings, you have a flying speed of 20 feet. To use this speed, you can't be wearing medium or heavy armor.

IMPROVED FLIGHT (10 POINTS)

Because of your wings, you have a flying speed of 30 feet. To use this speed, you can't be wearing medium or heavy armor.

EXAMPLE BIRTH PARENT

You can make a fairy birth parent option quickly with either of these examples.

FAIRY BIRTH PARENT I

One of your birth parents is a fairy. You have innate magical abilities.

- Fairy Magic

FAIRY BIRTH PARENT II

One of your birth parents is a fairy. You can fly.

- Improved Flight





FLUMPH PARENTAGE

The mysterious flumphs drift through the Underdark, propelled through the air by the jets whose sound gives them their name. A flumph glows faintly, reflecting their moods in their colors. Soft pink means they are amused, deep blue is sadness, green expresses curiosity, and crimson is anger.

Flumphs communicate telepathically. Though they resemble jellyfish, flumphs are sentient beings of great intelligence and wisdom, possessing advanced knowledge of religion, philosophy, mathematics, and countless other subjects.

Flumphs are sensitive to the emotional states of nearby creatures. If a creature's thoughts suggest kindness, a flumph seeks it out. When facing creatures that exude malevolence, a flumph flees.

Flumphs feed by siphoning mental energy from psionic creatures, and they can be found lurking near communities of telepathic peoples. As passive parasites, they take only the mental energy they need, and most creatures feel no loss or discomfort from such feeding. Consuming psionic energy reveals the thoughts and emotions of the creatures on which the flumphs feed.

Flumphs typically live in complex and organized groups called cloisters, within which each flumph has a place and purpose. These harmonious groupings have no need for leaders, since all flumphs contribute in their own way.

MIXED FLUMPHS

A few flumphs leave their native cloister to seek out new minds. The rare flumph might be adopted into another community and make a home for itself among other people.

Those in frequent contact with a flumph may begin to exhibit telepathic ability or they might glow different colors to broadcast their emotions. The rare individuals who take on flumph traits may even have children or grandchildren who have more pronounced physical traits.

FLUMPH TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are flumphs, choose from the following.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

EXPOSED MIND (–2 POINTS)

You are sensitive to telepathy. You have vulnerability to psychic damage.

FLOAT (8 POINTS)

When you reach 3rd level, you can cast the *levitate* spell and regain the ability to do so when you finish a short or long rest.

You can also cast this spell using any spell slots you have of the appropriate level. Intelligence is your spellcasting ability for this spell.

LITTLE (0 POINTS)

If you inherit this trait from your other birth parent also, your size is Small.

NOODLY APPENDAGES (–2 POINTS)

Your base speed reduces by 5 feet.

PRONE DEFICIENCY (–2 POINTS)

If you are knocked prone, roll a die. On an odd result, you land upside-down and are incapacitated. At the end of each of your turns, you can roll a DC 10 Dexterity saving throw, righting yourself and ending the incapacitated condition on a success.

SHORT-LIVED (0 POINTS)

If you inherit this trait from your other birth parent also, your lifespan is relatively short.

STENCH SPRAY (4 POINTS)

You can use your action to spray a foul-smelling liquid. Each creature in a 15-foot cone must succeed on a Dexterity saving throw, or be poisoned for 1d4 rounds. The DC for this saving throw equals 8 + your Constitution modifier + your proficiency bonus. Creatures are poisoned while within 5 feet of the coated creature. The coated creature can make a new saving throw at the end of each of its turns, ending the effect on a success.

Once you use this trait, you can't use it again until you finish a long rest.

TENDRILS (6 POINTS)

Your unarmed strikes deal 1d4 piercing damage plus 1d4 acid damage on a hit.

You can use Dexterity instead of Strength for the attack and damage rolls of your unarmed strikes. Your unarmed strikes count as a weapon with the finesse property for all features that require it, such as Sneak Attack.

TELEPATHY (4 POINTS)

You can communicate telepathically with any creature within 30 feet that is fluent in at least one language.

EXAMPLE BIRTH PARENT

You can make a flumph birth parent option quickly with either of these examples.

FLUMPH BIRTH PARENT I

One of your birth parents is a flumph. You have tendrils and can emit a noxious spray.

- Darkvision
- Exposed Mind
- Little
- Noodly Appendages
- Prone Deficiency
- Short-Lived
- Stench Spray
- Tendrils

FLUMPH BIRTH PARENT II

One of your birth parents is a flumph. You have telepathic powers.

- Exposed Mind
- Float
- Little
- Noodly Appendages
- Short-Lived
- Telepathy



GALEB DUHR PARENTAGE

The galeb duhr is a boulder-like creature with stocky appendages that act as arms and legs. They are usually encountered in rocky terrain.

Originally hailing from the Plane of Earth, a galeb duhr forms naturally in places touched by that plane. The galeb duhr is imbued with greater awareness than most elementals, allowing them to assess threats and communicate with creatures they encounter.

A galeb duhr has an excellent memory and can share information regarding their environment with creatures they regard as friends or allies.

A galeb duhr doesn't age or require sustenance, making them an excellent sentinel. A powerful druid might entrust a galeb duhr with protecting a stone circle or sacred hilltop and another galeb duhr might agree to guard an underground tomb or a wizard's tower. When they choose to, the galeb duhr can make themselves look like an ordinary boulder, remaining perfectly still for years at a time. When they need to move close to their enemies, a galeb duhr presses their limbs tight to their body and rolls forward at a furious pace.

MIXED GALEB DUHR

Their natural stone magic leeches into their domain as the galeb duhr is weathered by wind, water, and time. People who live near a galeb duhr may bear children who evince physical galeb duhr traits.

Some mixed galeb duhr live a very long time. Others are rocky and boulder-like themselves. They may blend into stony backdrops, be resistant to damage, pack a mean punch, or be immune to petrification.

GALEB DUHR TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are galeb duhr, choose from the following.

FALSE APPEARANCE (1 POINT)

While motionless, you appear indistinguishable from a boulder. On your turn, take the Hide action. You must maintain concentration for the duration as if you were casting a spell. Otherwise, the camouflage effect is ruined.

LONG-LIVED (0 POINTS)

If you inherit this trait from your other birth parent also, your lifespan is relatively long.

NATURAL ARMOR (1 POINT)

When you aren't wearing armor, your AC is 12 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

ROLLING STONE (−2 POINTS)

Your base speed reduces to 25 feet.

SLAM (4 POINTS)

Your rock-hard body is a natural weapon, which you can use to make unarmed strikes. If you hit with it, you deal bludgeoning damage equal to 1d8 + your Strength modifier, instead of the damage normal for an unarmed strike.

STONE BODY (7 POINTS)

You cannot be petrified and have advantage on saving throws against being paralyzed or poisoned. In addition, you have resistance to poison damage.

SUPERIOR NATURAL ARMOR (6 POINTS)

When you aren't wearing armor, your AC is 14 + your Dexterity modifier, to a maximum of +2. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

EXAMPLE BIRTH PARENT

You can make a galeb duhr birth parent option quickly with either of these examples.

GALEB DUHR BIRTH PARENT I

One of your birth parents is a galeb duhr. You move slowly and have a rocky appearance.

- False Appearance
- Long-Lived
- Rolling Stone
- Stone Body

GALEB DUHR BIRTH PARENT II

One of your birth parents is a galeb duhr. You move slowly and have a rocky appearance.

- Long-Lived
- Natural Armor
- Rolling Stone
- Slam





GHoul PARENTAGE

Ghouls thrive in places filled with death and decay, driven by unceasing hunger that compels them to consume flesh. While humanoids can turn into ghouls by contracting ghoulish fever through a ghoulish bite before dying, some ghouls can trace their existence to their Abyssal origins, having been imbued with the Demon Prince of Undeath's energy.

Once turned into a ghoulish, the person looks like their former self but emaciated, almost hairless, and with decayed skin. They have sharp teeth, sharper claws, and sunken eyes. All ghouls, once turned, feel the urge to eat flesh. Some ghouls sate themselves by eating already dead corpses while others hunt the living.

Ghouls typically lead solitary lives but sometimes travel in gangs of four or in rare circumstances in packs of seven to twelve. Larger packs almost exclusively eat fresh flesh.

Ghouls sometimes ally with the living, though this is uncommon.

MIXED GHouLS

Mixed ghouls often inherit the decayed skin of their ghoulish parent and their hunger for flesh. These ghouls are usually found in ghoulish gangs and packs, having a hard time blending in with society due to their hunger and appearance.

Those who live in non-ghoulish groups take jobs that either keep them away from other people or keep them in a steady supply of dead flesh. Unlike their ghoulish parent, mixed ghouls can sate their hunger with animal flesh.

GHoul TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are ghouls, choose from the following.

BITE (1 POINT)

Your teeth are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to 1d4 + your Strength modifier plus instead of the bludgeoning damage normal for an unarmed strike.

CLAWS (1 POINTS)

Your claws are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal slashing damage equal to 1d4 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

GHouLISH RESISTANCE (3 POINTS)

You have advantage on saves against the charmed, exhausted, and poisoned conditions.

PARALYZING CLAW (7 POINTS)

On a successful melee attack with your claws, you can attempt to paralyze a creature. The target must make a Constitution save against a DC equal to 8 + your proficiency bonus + your Constitution modifier. On a failure, the target is stunned until the start of your next turn.

Once you use this trait, you can't use it again until you finish a long rest.

EXAMPLE BIRTH PARENT

You can make a ghoulish birth parent option quickly with either of these examples.

GHouL BIRTH PARENT I

One of your birth parents is a ghoulish.
You have powerful claws that paralyze your enemies.

- Claws
- Paralyzing Claw

GHouL BIRTH PARENT II

One of your birth parents is a ghoulish.
You have sharp teeth and undead resistance.

- Bite
- Darkvision
- Ghoulish Resistance





GIANT PARENTAGE

The ordning, a social structure that dates back to the ancient empire of the All-Father, governs all Faerûnian giants' lives.

Cloud giants have lithe frames and stand at 24 feet tall. They live in small family groups that consist of a mated pair, children, and close relatives. Cloud giants rank themselves by wealth and extravagance.

Fire giants have very stout, bulky bodies, resembling gigantic dwarves. They typically stand eighteen feet tall. Fire giants live in small family groups. Fire giants rank themselves by bravery.

Frost giants have muscular bodies and stand 21 feet tall. One of the most important bonds to frost giants is family, so much so that recitation of the ancestral lineage is an important part of the sagas they craft. Frost giants rank themselves by who is the mightiest.

Hill giants have round, plump bodies and stand 16 feet tall. Hill giants' family structure is largely communal, everyone taking care of each other and the younglings. Hill giants rank themselves by physical might and who has the greatest gastral superiority.

Stone giants have lean, muscular bodies and stand 18 feet tall. Stone giants' family bonds are less important than the bond between a master and pupil since stone giants rank themselves by artistic ability.

Storm giants are the tallest of the giants, standing 26 feet tall, and have strong muscular bodies. Storm giants have traditional tribes that are led by a paramount. Storm giants rank themselves by their skills in combat and rune-crafting.

MIXED GIANTS

In worlds where the ordning exists, mixed giants have the same issue that giant-kin have regarding their place in it. Because of this, they often find themselves living among their non-giant parent's society. Non-Faerûnian mixed giants have no such societal limitations.

Those who are part of their giant parent's society are accepted but often rank at the bottom of the bottom, even if their giant parent is at the top of society. They don't have to stay that way though. If they prove themselves among their people, they can rise to the same rank as or higher than their giant parent in the ordning.

GIANT TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are giants, choose from the following.

AMPHIBIOUS (1 POINT)

You can breathe air and water.

BORN OF FLAME (3 POINTS)

You have resistance to fire damage.

BORN OF THE STORM (2 POINTS)

You have resistance to thunder damage.

BORN OF WINTER (3 POINTS)

You have resistance to cold damage.

CAMOUFLAGE (1 POINT)

You have advantage on Dexterity (Stealth) checks made to hide in rocky terrain.

CLOUD MAGIC (3 POINTS)

You know the *light* cantrip. When you reach 3rd level, you can cast the *fog cloud* spell once with this trait and regain the ability to do so when you finish a long rest.

You can also cast *fog cloud* using any spell slots you have of the appropriate level. Charisma is your spellcasting ability for these spells.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

FIRE MAGIC (3 POINTS)

You know the *fire bolt* cantrip. When you reach 3rd level, you can cast the *burning hands* spell once with this trait and regain the ability to do so when you finish a long rest.

You can also cast *burning hands* using any spell slots you have of the appropriate level. Charisma is your spellcasting ability for these spells.

FROST MAGIC (3 POINTS)

You know the *ray of frost* cantrip. When you reach 3rd level, you can cast the *ice beam* (Appendix B) spell once with this trait and regain the ability to do so when you finish a long rest.

You can also cast *ice beam* using any spell slots you have of the appropriate level. Charisma is your spellcasting ability for these spells.

GIANT'S ENDURANCE (8 POINTS)

You can focus yourself to occasionally shrug off injury. When you take damage, you can use your reaction to roll a d20. Add your Constitution modifier to the number rolled and reduce the damage by the total. Once you use this trait, you can't use it again until you finish a short or long rest.

IRON WILL (3 POINTS)

You gain a +2 bonus to Wisdom saving throws.

KEEN SENSE (2 POINTS)

You have advantage on Wisdom (Perception) checks that rely on smell.

NATURAL ARMOR (1 POINT)

When you aren't wearing armor, your AC is 12 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

POUNDING FIST (2 POINTS)

Your fists are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal bludgeoning damage equal to 1d6 + your Strength modifier, instead of the damage normal for an unarmed strike.

POWERFUL BUILD (1 POINT)

You count as one size larger when determining your carrying capacity and the weight you can push, drag, or lift.

STONE MAGIC (3 POINTS)

You know the *magic stone* cantrip. When you reach 3rd level, you can cast the *earth tremor* spell once with this trait and regain the ability to do so when you finish a long rest.

You can also cast *earth tremor* using any spell slots you have of the appropriate level. Intelligence is your spellcasting ability for these spells.

STORM MAGIC (3 POINTS)

You know the *shocking grasp* cantrip. When you reach 3rd level, you can cast the *thunderwave* spell once with this trait and regain the ability to do so when you finish a long rest.

You can also cast *thunderwave* using any spell slots you have of the appropriate level. Wisdom is your spellcasting ability for these spells.

SUPERIOR NATURAL ARMOR (6 POINTS)

When you aren't wearing armor, your AC is 14 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

EXAMPLE BIRTH PARENT

You can make a giant birth parent option quickly with any of these examples.

GIANT BIRTH PARENT

One of your birth parents is a giant of any type or a mix of giant parentages. You have a powerful endurance and build.

- Giant's Endurance
- Powerful Build

CLOUD GIANT BIRTH PARENT

One of your birth parents is a cloud giant. You have a keen nose and know air-based magic.

- Cloud Magic
- Keen Sense
- Iron Will

FIRE GIANT BIRTH PARENT

One of your birth parents is a fire giant. You have resistance to fire damage and know fire magic.

- Born of Flame
- Fire Magic

FROST GIANT BIRTH PARENT

One of your birth parents is a frost giant. You have resistance to cold damage and know ice-based magic.

- Born of Winter
- Frost Magic

HILL GIANT BIRTH PARENT

One of your birth parents is a hill giant. You have tough skin and a powerful natural weapon.

- Pounding Fist
- Superior Natural Armor

STONE GIANT BIRTH PARENT

One of your birth parents is a stone giant. You can hide among rocky terrain and know rock magic.

- Camouflage
- Darkvision
- Stone Magic

STORM GIANT BIRTH PARENT

One of your birth parents is a storm giant. You can breathe air and water, have resistance to thunder damage and know storm-based magic.

- Amphibious
- Born of the Storm
- Storm Magic



GNOLL PARENTAGE

Gnolls are a hyenalike people comfortable in warm plains but easily adapted to most regions, including the Underdark. Their furred skin is often spotted but comes in any pattern, color, or texture found among hyenas. Gnolls stand over seven feet tall. They typically weigh between 280 and 320 pounds.

Like orcs, misinformation abounds about gnolls. Many believe that gnolls' demonic ties to Yeenoghu lead them to care about nothing and no one and only live for the kill. And while there are gnolls who follow the savage and bloody path Yeenoghu paves, others outright reject the ways of their progenitor or interpret his dogma differently.

Gnolls greatly value familial ties and respect blood ties above any other relationship. Though there are fights for dominance among gnoll packs, they are quickly settled and forgotten. This loyalty to family is most keenly seen on the battlefield, where a gnoll forgoes glory to help out their siblings.

In the event that a gnoll is separated from family and clan, they adopt others as their family and surrogate pack. Those trusted allies have found themselves a loyal and fierce friend for the rest of their days.

MIXED GNOLLS

Hill giants, humans, and orcs are the most commonly found peoples living among gnoll tribes, and because of that, most mixed gnolls are assumed to be of one of those three parentages. However, given how adaptable gnolls are and how they join other communities when necessary or make others a part of their existing community, a mixed gnoll can be of any mixed parentage.

Mixed gnolls typically resemble their gnoll parent. With strong claws and a powerful bite, a stubborn battle-hardened spirit, or a rampaging attack always present with some features of their non-gnoll parent also peeking through.

GNOLL TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are gnolls, choose from the following.

BITE (2 POINT)

Your teeth are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to 1d6 + your Strength modifier plus instead of the bludgeoning damage normal for an unarmed strike.

CLAWS (1 POINT)

Your claws are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal slashing damage equal to 1d4 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

RAMPAGE (4 POINTS)

When you reduce a creature to 0 hit points with a melee attack on your turn, you can take a bonus action to move up to half your speed and make a melee attack.

STUBBORN (8 POINTS)

When you would be reduced to 0 hit points as a result of taking damage, you may choose to remain in the fight before falling unconscious. Until the end of your next turn, your hit points do not fall into the negative as a result of taking damage and you do not need to make death saving throws until you fall unconscious.

Once you use this trait, you can't use it again until you finish a long rest.

EXAMPLE BIRTH PARENT

You can make a gnoll birth parent option quickly with any of these examples.

GNOLL BIRTH PARENT I

One of your birth parents is a gnoll. You have sharp claws and can see in the dark.

- Bite
- Claws
- Darkvision

GNOLL BIRTH PARENT II

One of your birth parents is a gnoll. You have a powerful jaw and can see in the dark.

- Darkvision
- Rampage

GNOLL BIRTH PARENT III

One of your birth parents is a gnoll. You are a stubborn foe to fell.

- Stubborn





GOBLINOID PARENTAGE

Goblinoids are three peoples with shared ancestry. As a result, they have certain physical features in common, but also differences between them that make each unique.

All goblinoids have a thin coat of tawny, brown, green, dark orange, or red-orange fur. Goblins have the thinnest coat of fur covering their bodies, while bugbears have the thickest. They all have black claws on their feet and hands, a mouth full of sharp teeth, pointed ears, and leonine noses. Their eyes are yellow, dark brown, or black in color.

Despite these similarities, there are noticeable differences. The most obvious is that goblins are much shorter and lighter than their bugbear and hobgoblin cousins. And bugbears sport what might almost be called a dark mane.

Some people mistakenly assume that goblinoids are inherently evil, allegedly because they worship the god Maglubiyet. This is incorrect for two reasons. First, like all sentient humanoids, goblinoids are free to think, believe, and choose. They and their mixed goblinoid offspring are no more likely to be evil than humans are. And, second, not all goblinoids worship the same gods or in the same way. Their ability to choose extends to matters of faith and devotion as well.

GREMLINS

Bugbears, goblins, and hobgoblins are the most common goblinoids, but the rare—or perhaps more secretive—gremlins are as goblinoid as their cousins. Gremlins differentiate themselves as the littlest of all goblinoids, sometimes not even reaching the knees of an adult human in height.

Gremlins also have far less fur, showing skin that may be spotted, striped, or all one color. Their hands end in sharp claws, which they can use to attack or as tools. Finally, they seem to have a knack for mastering whatever they put their minds to.

GOBLINOID TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are goblinoids, choose from the following.

ABILITY SCORE INCREASE (4 POINTS)

Your Dexterity or Constitution score increases by 1. You can't increase an ability score above 17 using this trait.

CLAWS (3 POINTS)

Your claws are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal slashing damage equal to 1d4 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

In addition, your claws can be used as thieves' tools. Finally, you can use Dexterity instead of Strength for the attack and damage rolls of your unarmed strikes. Your unarmed strikes count as a weapon with the finesse property for all features that require it, such as Sneak Attack.

DARKVISION (4 POINTS)

You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

KNACK (4 POINTS)

Choose two of your skill proficiencies. Your proficiency bonus is doubled for any ability check you make that uses either of the chosen proficiencies.

LITTLE (0 POINTS)

If you inherit this trait from your other birth parent also, your size is Small.

BUGBEARS, GOBLINS, & HOBGOBLINS

You can find uniquely bugbear, goblin, and hobgoblin parentage traits in the original *An Elf and an Orc Had a Little Baby*.

EXAMPLE BIRTH PARENTS

You can make a goblinoid birth parent option quickly with either of these examples.

GOBLINOID BIRTH PARENT

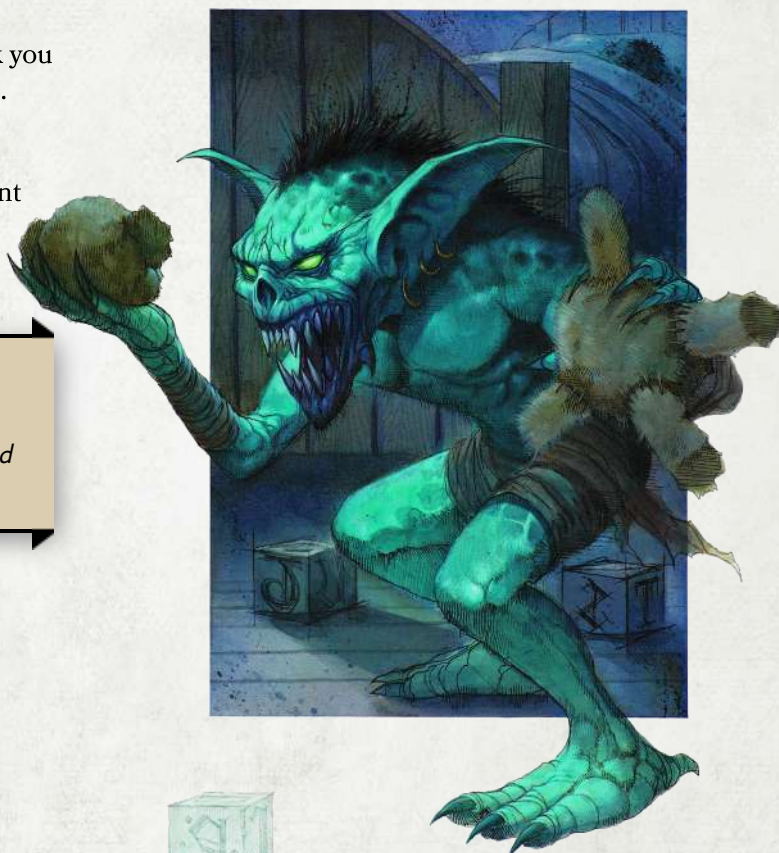
One of your birth parents is a goblinoid of any type (bugbear, gremlin, goblin, or hobgoblin) or a mix of goblinoid parentages. You have goblinoid facial features and a thin coat of fur.

- Ability Score Increase
- Darkvision
- Little

GREMLIN BIRTH PARENT

One of your birth parents is a gremlin. You have sharp claws and a proclivity for excellence.

- Claws
- Knack
- Little





GRIPPLI PARENTAGE

Small and nimble, gripli resemble humanoid frogs. Often dwelling in swamp areas, their skin is typically green-gray splotched with darker greens and browns. Those who dwell in rainforests have a much wider variety of skin tones, such as vibrant yellows, blues, and reds.

Grippli society typically consists of ten to sixty individuals. These communities are led by a tribe mother who has multiple partners. Day-to-day affairs are usually governed by elder gripli men. They engage in trade with other groups rarely, and only they can determine the individuals in question aren't a threat. Until they've determined outsiders aren't a threat, gripli act very skittish around them. They use tall trees to hide and observe.

When gripli want to contact the outside world, typically to trade for strange inventions, they tend to use intermediaries, like wood elves and fey. Their strong connection to nature puts the griplis at ease.

The society as a whole is very often heavily religious, with the tribe mother overseeing religious matters throughout the community. The tribe mother is often believed to have some divine blood running through her veins.

MIXED GRIPPLI

Despite mixed gripli being a rare occurrence, they often are seen as a blessing granted by their allies. Mixed gripli's non-grippli parent is almost always someone who has proven themselves to be a friend and ally to the community. Combining families to bring a new member into the world is seen as a joyous occasion.

There's no consistency in regards to which parent a mixed gripli resembles.

GRIPPLI TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are grippli, choose from the following.

CLIMB (1 POINT)

You have a climbing speed of 20 feet.

HOLD BREATH (1 POINT)

You can hold your breath for up to 20 minutes.

IMPROVED CLIMB (4 POINTS)

You have a climbing speed of 30 feet.

STANDING LEAP (4 POINTS)

As an action, you can leap 30 feet horizontally from a standing position.

SWIM (2 POINTS)

You have a swimming speed of 30 feet.

TONGUE (2 POINTS)

You have a natural tongue attack with a range of 10 feet that deals 1d4 bludgeoning damage + your Strength modifier on hit. On a successful hit to a Medium or smaller creature, as a bonus action, you can attempt to grapple the target. On a success, the target is grappled and restrained.

VERTICAL LEAP (2 POINTS)

As an action, you can leap 20 feet vertically from a standing position.

EXAMPLE BIRTH PARENT

You can make a grippli birth parent option quickly with either of these examples.

GRIPPLI BIRTH PARENT I

One of your birth parents is a grippli. You're able to hold your breath and leap high distances.

- Hold Breath
- Improved Climb
- Standing Leap

GRIPPLI BIRTH PARENT II

One of your birth parents is a grippli. You have a powerful leap, a swim speed, and a powerful tongue attack.

- Swim
- Tongue
- Vertical Leap





HAG PARENTAGE

Frightening tales surround hags. Some say they eat the flesh of murdered children, carry young women into deep woods, and break the minds of those who would defy them. Men caution their wives and daughters against hags, lest they turn as hideous and foul as they. But these are merely old men's tales, and the truth lies deeper still.

In reality, hags are people who refuse to live by humanoid society's rules. Hags may have been human once, but they made pacts with fey creatures and strange powers to challenge the injustices and corruption of man's laws and traditions. They traded vanity, popularity, and praise for strength, magic, and a brother and sisterhood on their own terms.

There are five types of hags, roughly corresponding to the environment in which they're found: annis and bheur hags on the cold and wintry slopes, green hags in the world's woods and swamps, night hags on the outskirts of and under towns and cities, and sea hags on saltwater coasts.

All of them live in or near humanoid settlements. That way they can take in the mistreated, oppressed, and abused found wherever people dwell.

MIXED HAGS

Hags don't mate with humanoids, whether because they can't or refuse to. They frequently take in adopted humanoid children who, steeped in hag society and magic, take on the traits of their foster parent.

Some are adapted to the sometimes extreme environments in which hags dwell. Mixed hags might demonstrate an ability to breathe water or tolerate cold that would kill another person. Others take on hag-like physical traits like thick skin, claws, or dark-piercing eyes. The most common trait among adoptees is innate hag magic.

HAG TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are hags, choose from the following.

AMPHIBIOUS (1 POINT)

You can breathe air and water.

ANNIS HAG MAGIC (2 POINTS)

When you reach 3rd level, you can cast the *fog cloud* spell once with this trait and regain the ability to do so when you finish a long rest.

You can also cast this spell using any spell slots you have of the appropriate level. Charisma is your spellcasting ability for this spell.

BHEUR HAG MAGIC (2 POINTS)

You know the *ray of frost* cantrip. Charisma is your spellcasting ability for it.

BITE (2 POINTS)

Your teeth are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to 1d6 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

CLAWS (2 POINTS)

Your claws are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal slashing damage equal to 1d6 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

COLD RESISTANCE (3 POINTS)

You have resistance to cold damage.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

GREEN HAG MAGIC (8 POINTS)

You know the *minor illusion* cantrip. When you reach 3rd level, you can cast the *water breathing* spell (self only) once with this trait and regain the ability to do so when you finish a long rest. When you reach 5th level, you can cast the *invisibility* spell once with this trait and regain the ability to do so when you finish a long rest.

You can also cast either of these spells using any spell slots you have of the appropriate level. Charisma is your spellcasting ability for these spells.

HORRIFIC APPEARANCE (2 POINTS)

As a bonus action, you can assume a horrific appearance. Surprised creatures within 30 feet must attempt a Wisdom saving throw. On a failure, the creature is frightened for 1 round. The DC for this saving throw is 8 + your proficiency bonus + your Charisma modifier.

Once you use this trait, you can't use it again until you finish a short or long rest.

ICE WALK (2 POINTS)

You can move across and climb icy surfaces without needing to make an ability check. Additionally, difficult terrain composed of ice or snow doesn't cost you extra movement.

ILLUSORY APPEARANCE (2 POINTS)

You cover yourself and anything you are wearing or carrying with a magical illusion that makes you look like a creature of your general size and humanoid shape. The effect ends if you take a bonus action to end it or if you die.

The changes wrought by this effect fail to hold up to physical inspection. For example, you could appear to have no claws, but someone touching your hand might feel the claws. Otherwise, a creature must take an action to visually inspect the illusion and succeed on an Intelligence (Investigation) check to discern that the hag is disguised. The DC of this check is 8 + your proficiency bonus + your Charisma modifier.

Once you use this trait, you can't use it again until you finish a short or long rest.

LONG-LIVED (0 POINTS)

If you inherit this trait from your other birth parent also, your lifespan is relatively long.

NATURAL ARMOR (1 POINT)

When you aren't wearing armor, your AC is 12 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

NIGHT HAG MAGIC (8 POINTS)

When you reach 3rd level, you can cast the *magic missile* and *sleep* spells once each with this trait and regain the ability to do so when you finish a long rest. When you reach 5th level, you can cast the *ray of enfeeblement* spell once with this trait and regain the ability to do so when you finish a long rest.

You can also cast these spells using any spell slots you have of the appropriate level. Charisma is your spellcasting ability for these spells.

POWERFUL BUILD (1 POINT)

You count as one size larger when determining your carrying capacity and the weight you can push, drag, or lift.

SWIM (2 POINTS)

You have a swimming speed of 30 feet.

EXAMPLE BIRTH PARENT

You can make a hag birth parent option quickly with any of these examples.

HAG BIRTH PARENT

One of your birth parents is a hag of any type or a mix of hag parentages. You have sharp fingernails, can see in the dark, and can assume an illusory appearance.

- Claws
- Darkvision
- Illusory Appearance
- Long-Lived

ANNIS HAG BIRTH PARENT

One of your birth parents is an annis hag. You have a powerful bite, innate mountain magic, and resistance to cold.

- Annis Hag Magic
- Bite
- Cold Resistance
- Long-Lived
- Powerful Build

BHEUR HAG BIRTH PARENT

One of your birth parents is a bheur hag. You are cold to the touch and agile on the ice.

- Bheur Hag Magic
- Cold Resistance
- Ice Walk
- Long-Lived

GREEN HAG BIRTH PARENT

One of your birth parents is a green hag. You have innate magic for weaving illusions, breathing water, and turning invisible.

- Green Hag Magic
- Long-Lived

NIGHT HAG BIRTH PARENT

One of your birth parents is a night hag. You have innate magic to induce slumber and drain life energy.

- Long-Lived
- Night Hag Magic

SEA HAG BIRTH PARENT

One of your birth parents is a sea hag. You have aquatic adaptations and can assume a startling appearance.

- Amphibious
- Horrific Appearance
- Long-Lived
- Natural Armor
- Swim



HARENGON PARENTAGE

Harengons are bipedal, with the characteristic long feet of the rabbits they resemble and fur in various colors. They share the keen senses and powerful legs of natural rabbits. Fey luck runs through their blood, and they seem always to be a few steps ahead of danger.

The harengon are a very sociable people, embodying the spirit of freedom and travel. Despite their love of travel, community is a central part of their culture. They create their own or form enclaves among other communities. They are constantly involved in each other's lives. Families hop between communities, spending days and days at a time with other families.

This exchange isn't limited to harengon. At any given moment, a harengon household could have harengon and non-harengon as part of the household where they have no blood ties. This intermingling reinforces the cooperative nature of their culture.

With their love of freedom and travel also comes a love of discovery. Many harengon pursue knowledge of some sort during their travels. Several have become scholars of the arcane and divine, others have turned their sights to more mechanical wonders, and yet more spend their time researching even more niche topics that bring them joy.

MIXED HARENGONS

Mixed harengons often get their stature and fur from their harengon parent. They are often raised in harengon communities or enclaves, with their non-harengon parent being a welcome addition. Those who are raised outside the harengon community still have the community values instilled in them.

Mixed harengons whose parents belong to more isolated communities are typically treated as ambassadors, interacting with the outside world when there is a need and traveling to promote those communities' interests.

HARENGON TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are harengons, choose from the following.

BITE (1 POINT)

Your teeth are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to 1d4 + your Strength modifier instead of the bludgeoning damage normal for an unarmed strike.

HARE-TRIGGER (3 POINTS)

You can add your proficiency bonus to your initiative rolls.

LEPORINE SENSES (2 POINTS)

You have proficiency in the Perception skill.

LUCKY FOOTWORK (4 POINTS)

When you fail a Dexterity saving throw, you can use your reaction to roll a d4 and add it to the save, potentially turning the failure into a success. You can't use this reaction if you're prone or your speed is 0.

RABBIT HOP (4 POINTS)

As a bonus action, you can jump a number of feet equal to five times your proficiency bonus without provoking opportunity attacks. You can use this trait only if your speed is greater than 0. You can use it a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

EXAMPLE BIRTH PARENT

You can make a harengon birth parent option quickly with either of these examples.

HARENGON BIRTH PARENT I

One of your birth parents is a harengon. You have keen senses and dexterous feet.

- Leporine Senses
- Lucky Footwork

HARENGON BIRTH PARENT II

One of your birth parents is a harengon. You have a powerful bite attack, are quick to react to danger, and can jump long distances.

- Bite
- Hare-Trigger
- Rabbit Hop





HARPY PARENTAGE

A harpy is adapted to hunt giants and humanoids who find their natural call alluring. Harpies combine the body, legs, and wings of a vulture with the torso, arms, and head of a human. Their talons make them a formidable threat.

To hear a harpy's song is to hear music more beautiful than anything else in the world. A traveler who succumbs to the entrancing effect of that singing is compelled to blunder toward its source. A harpy sometimes charms victims before it attacks, but a more effective use of its song is to lure prey over cliffs, into bogs and quicksand, or into deadly pits. Creatures trapped or incapacitated then become easy targets for the harpies.

Harpies hunt above coastal cliffs and other places hazardous to non-flying creatures. Harpies need not fight fair, and they seldom attack unless they have a clear advantage. If a fight turns against a harpy, they can easily flee and go hungry rather than risk straight-up combat.

Harpies take shiny baubles, valuable objects, and other trophies from their prey. When no valuable objects can be found, a harpy takes hair or bones to line their nest. A harpy's lair is usually hidden in remote ruins, where adventurers can discover valuable treasure and magic hidden beneath piles of offal.

MIXED HARPIES

Mixed harpies have one or more of the following traits inherited from their harpy birth parent: avian feet, sharp talons, vulture wings, or vocal cords attuned to making a beautiful bird song.

Some mixed harpies acquire a taste for humanoid flesh, while others find the mere thought repugnant.

HARPY TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are harpies, choose from the following.

AVIAN FEET (–4 POINTS)

Your base speed reduces to 20 feet.

CLAWS (2 POINTS)

Your claws are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal slashing damage equal to 1d6 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

FLIGHT (6 POINTS)

You have a flying speed of 20 feet. To use this speed, you can't be wearing medium or heavy armor.

IMPROVED FLIGHT (10 POINTS)

You have a flying speed of 30 feet. To use this speed, you can't be wearing medium or heavy armor.

LURING SONG (2 POINTS)

As an action, you sing a magical melody. One humanoid or giant of your choice within 60 feet of you that can hear the song must succeed on a Wisdom saving throw or be charmed until the song ends. The DC for this saving throw is 8 + your proficiency bonus + your Charisma modifier. You must take a bonus action on subsequent turns to continue singing, and you must maintain concentration during that time, as if you were casting a spell.

While charmed by you, the target is incapacitated and ignores the songs of other harpies. If the charmed target is more than 5 feet away from you, the target can take the Dash action on its turn to move toward you by the most direct route. It doesn't avoid opportunity attacks, but before moving into damaging terrain, such as lava or a pit, and whenever it takes damage from a source other than you, a target can repeat the saving throw. A creature can also repeat the saving throw at the end of each of its turns. If a creature's saving throw is successful, the effect ends on it.

A target that successfully saves is immune to your song for the next 24 hours. Once you use this trait, you can't use it again until you finish a long rest.



If you already have Luring Song inherited from your other birth parent or learned from your upbringing, you can improve this trait in one of the following ways (your choice):

- Increase the range to 300 feet.
- Increase the number of targets by 1.
- Regain the trait after finishing a short or long rest.

SHORT-LIVED (0 POINTS)

If you inherit this trait from your other birth parent also, your lifespan is relatively short.

EXAMPLE BIRTH PARENT

You can make a harpy birth parent option quickly with this example.

HARPY BIRTH PARENT I

One of your birth parents is a harpy. You have feathered wings and can fly, you gain natural weapons in the form of claws, and you have a natural call.

- Avian Feet
- Claws
- Flight
- Luring Song
- Short-Lived

HARPY BIRTH PARENT II

One of your birth parents is a harpy. You have feathered wings and can fly.

- Avian Feet
- Improved Flight
- Short-Lived



ILLITHID PARENTAGE

Also known as mindflayers, illithids are comparable to thin humans in height, weight, and build, but that's where the similarities end. Their heads resemble those of an octopus with a cluster of four purple-black tentacles. Their flesh is soft, moist, and rubbery. Illithid skin tones range from a soft lilac to a greenish-purple color. Those who have a brain-rich diet excrete a glistening mucus from their pores.

The reputation of the illithids precede them. They are known as powerful psionic people who conquer and tyrannize other peoples. Their need to eat brains to sustain themselves hasn't helped their reputation. Despite the truth of their past, many illithids shy away from what they view as the vicious nature of

their people incited by the elder brain exerting telepathic control over them.

Regardless of whether they're living under the control of an elder brain or not, illithids enjoy living in community with each other. The communities or colonies that aren't controlled by an elder brain operate like any other community on the surface, if not more like a tight-knit family. They look after each other, and no one goes wanting for what they need. Members of this community, while still needing to eat humanoid brains, do so as little as possible to keep functioning.

MIXED ILLITHIDS

Despite ceremorphosis being the primary way illithids reproduce, the reproductive organs they had before going through the process still work and often account for mixed illithids' existence. On rare occasions, a pregnant person goes through ceremorphosis and their child assumes illithid characteristics.

It's a toss-up as to whether a mixed illithid more resembles their illithid or non-illithid parent. Some have tentacles and the need to devour humanoid brains, while others inherit psionic abilities.

ILLITHID TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are illithids, choose from the following.

BRAIN DEPENDENCY (–2 POINTS)

If you fail to ingest a brain once per 7 days, you suffer 1 level of exhaustion at the end of the seventh day. You can recover from this exhaustion only through magic or by eating a brain.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

EXTRACT BRAIN (5 POINTS)

While grappling a humanoid target with your tentacles, if the target is reduced to 0 hit points, you can use a bonus action to devour their brain and kill the target instantly. Roll 1 Hit Die. You heal a number of hit points equal to the result. If your hit points are at maximum, the result of the roll becomes temporary hit points.

Once you use this trait, you can't use it again until you finish a long rest.

MIND BLAST (4 POINTS)

You can emit a powerful psychic blast at a number of targets equal to your proficiency bonus + your Intelligence modifier. You must be able to perceive the targets and they must be within 60 feet. The chosen targets must each roll a Wisdom saving throw against a DC equal to 8 + your proficiency bonus + your Intelligence modifier.

On failure, a target takes 2d6 psychic damage and is stunned until the end of your next turn. On success the target takes only half damage. Constructs and undead targets ignore the stunned effect of this trait. The damage increases to 3d6 at 6th level, 4d6 at 11th level, and 5d6 at 16th level.

Once you use this trait, you can't use it again until you finish a long rest.

TELEPATHY (3 POINTS)

As an action, you can speak telepathically to any willing creature within 30 feet of you. The target can speak back telepathically if it is fluent in one of your languages. You can only speak to one creature at a time this way. If attacked or forcibly moved while speaking telepathically to a target, the link is cut.

TENTACLES (2 POINTS)

You have a natural tentacle attack that deals bludgeoning damage equal to 1d6 + your Strength modifier. As a bonus action, on a successful hit against a humanoid target, you can attempt to grapple the target. A grappled target takes your tentacle attack damage at the start of each turn while it is grappled by you.

EXAMPLE BIRTH PARENT

You can make an illithid birth parent option quickly with either of these examples.

ILLITHID BIRTH PARENT I

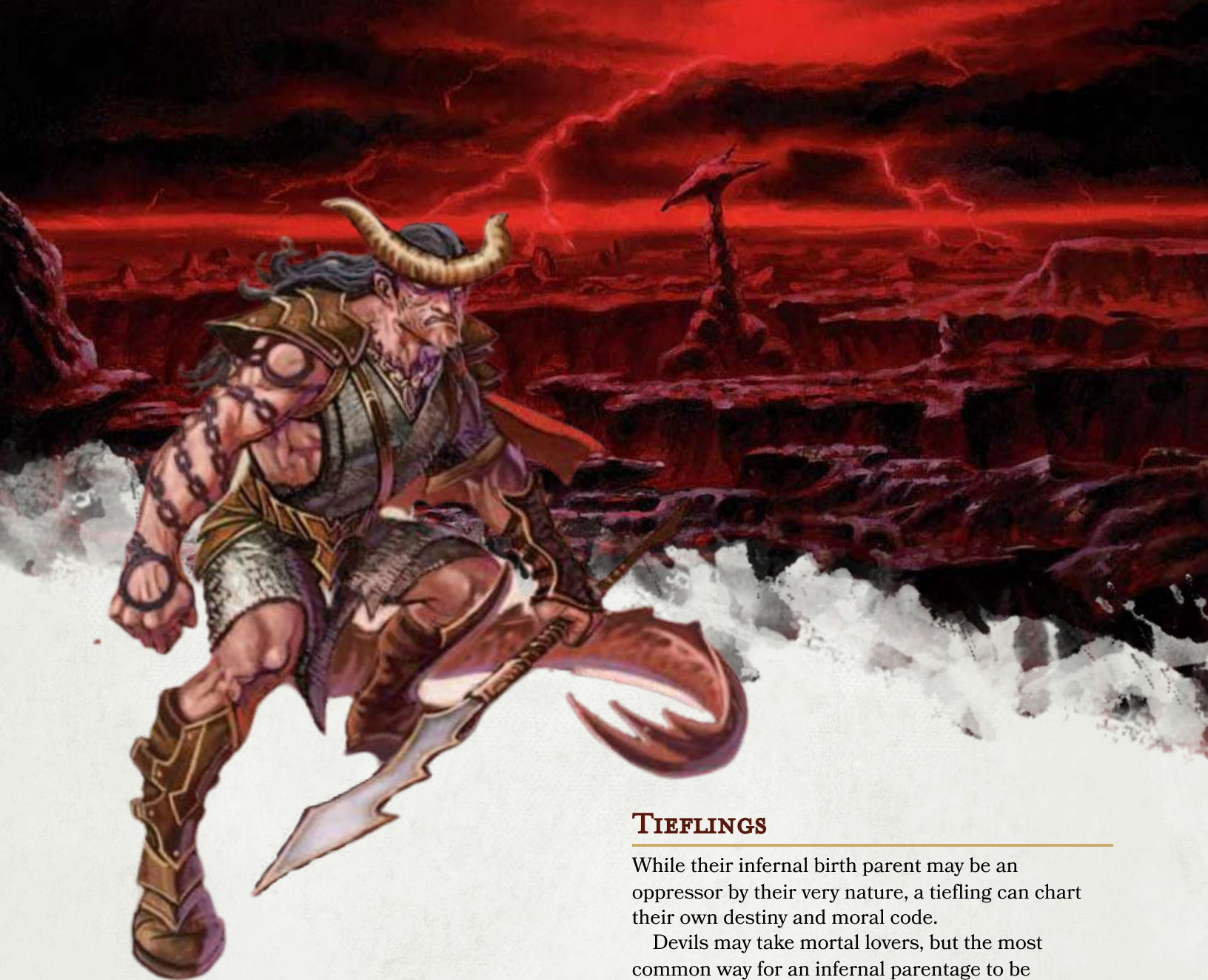
One of your birth parents is an illithid. You have telepathy and can extract the brains of humanoids.

- Extract Brain
- Telepathy
- Tentacles

ILLITHID BIRTH PARENT II

One of your birth parents is an illithid. You can see in the dark and have a powerful psionic blast.

- Darkvision
- Mind Blast



INFERNAL PARENTAGE

Devils are denizens of the Nine Hells and are tyranny incarnate. Devils are confined to the Lower Planes, but they can travel beyond those planes through portals or powerful summoning magic.

They love to strike bargains with mortals seeking to gain some benefit or prize, but a mortal making such a bargain must be wary. Devils are crafty negotiators and positively ruthless at enforcing the terms of an agreement. Any mortal creature that breaks such a contract instantly forfeits their soul, which is spirited away to the Nine Hells.

Every interaction is an opportunity for a devil to display their power, and all devils have a keen understanding of how to use and misuse that power. Devils use their understanding of mortal nature to lead them into temptation and darkness.

TIEFLINGS

While their infernal birth parent may be an oppressor by their very nature, a tiefling can chart their own destiny and moral code.

Devils may take mortal lovers, but the most common way for an infernal parentage to be introduced into a family is by way of an infernal pact. In the broadest sense, tieflings look like their non-infernal birth parent. However, their infernal heritage has left a clear imprint on their appearance. Tieflings have large horns that take any of a variety of shapes: some have curling horns like a ram, others have straight and tall horns like a gazelle's, and some spiral upward like an antelope's horns.

They can have thick or slender tails, four to five feet long, which lash or coil around their legs when they get upset or nervous. Their canine teeth are sharply pointed, and their eyes are solid colors—black, red, white, silver, or gold—with no visible sclera or pupil.

Their skin tones cover the full range of coloration, including various shades of red. Their hair, cascading from behind their horns, is usually dark, from black or brown to dark red, blue, or purple.

INFERNAL TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are tieflings or devils, choose from the following.

ANIMATE CHAIN (5 POINTS)

When you reach 5th level, as an action, you can animate a chain to fight for you. One mundane chain within 60 feet sprouts hooks and barbs and animates under your control for 1 minute, provided that the chain is not being worn or carried.

When you use this trait, you can make a melee weapon attack against a creature within 5 feet of the chain. On a hit, the target takes slashing damage equal to 1d8 + your Strength modifier.

The animated chain is an object with AC 20, 20 hit points, resistance to piercing damage, and immunity to psychic and thunder damage. As a bonus action on your turn, you can move the chain up to 20 feet and repeat the attack against a creature within 5 feet of it.

Once you use this trait, you can't use it again until you finish a short or long rest.

BARBED HIDE (3 POINTS)

As a bonus action, you can deal 1d6 piercing damage to a creature grappling you.

BITE (1 POINT)

Your teeth are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to 1d4 + your Strength modifier instead of the bludgeoning damage normal for an unarmed strike.

CANIAN RESISTANCE (3 POINTS)

You have resistance to cold damage.

CLAW (2 POINTS)

Your claws are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal slashing damage equal to 1d6 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

DEVILISH BEARD (1 POINT)

Your beard is a natural weapon, which you can use to make unarmed strikes. If you hit with it, you deal piercing damage equal to 1d4 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

DEVIL'S CHAIN (3 POINTS)

When you hold a normal chain, it sprouts spikes and hooks along its length. Upon losing your grip on the chain, these growths immediately vanish. You can use chains as a weapon, and are always proficient with them.

While using a chain one-handed, the chain deals 1d8 slashing damage on a hit. While using a chain two-handed, the chain deals 1d10 damage on a hit and has the reach property. When you take the Attack action and hit with a chain, you can use a bonus action to initiate a grapple with the target.

DEVIL'S SIGHT (6 POINTS)

You can see normally in darkness, both magical and nonmagical, to a distance of 60 feet.

FEAR AURA (6 POINTS)

As an action, your eyes smolder, you smell of brimstone, and creatures around you feel palpable terror. Each creature within 10 feet of you that can see you must succeed on a Wisdom saving throw or be frightened for 1 minute. The DC for this saving throw is 8 + your proficiency bonus + your Charisma bonus. A creature can repeat the saving throw at the end of each of its turns, ending the effect on itself on a success. If a creature's saving throw is successful or the effect ends for it, the creature is immune to your Fear Aura for the next 24 hours.

You must maintain concentration during that time, as if you were casting a spell. If you lose concentration, affected creatures are no longer frightened by this trait.

Once you use this trait, you can't use it again until you finish a short or long rest.

FLAMING FURY (2 POINTS)

When you hit a target with a melee weapon attack, you deal an additional 1d10 fire damage as the fury of the Nine Hells erupts from you.

Once you use this trait, you can't use it again until you finish a long rest.

FLIGHT (6 POINTS)

You have bat-like wings sprouting from your shoulder blades. You have a flying speed of 20 feet while you aren't wearing medium or heavy armor.

HELLISH ENTANGLEMENT (2 POINTS)

You can cast *entangle* as a 1st-level spell and regain the ability to do so when you finish a long rest. The vines and weeds are replaced by ethereal chains covered in spikes and flames.

You can also cast this spell using any spell slots you have of the appropriate level. Charisma is your spellcasting ability for it.

HELLISH REJUVENATION (2 POINTS)

As an action, you can gain a number of temporary hit points equal to 1d4 + your Charisma modifier. These hit points last until the end of your next turn. Once you use this trait, you can't use it again until you finish a short or long rest.

HIDDEN STEP (5 POINTS)

As a bonus action, you can magically turn invisible until the start of your next turn or until you attack, make a damage roll, or force a creature to make a saving throw. Once you use this trait, you can't use it again until you finish a short or long rest.

HURL FLAME (2 POINTS)

You know the *fire bolt* cantrip. Charisma is your spellcasting ability for it.

ICY SPIKES (2 POINTS)

You can fire stiff, icy spikes from your back as a ranged weapon attack. This attack has a 30/60 range and deals 1d4 piercing damage plus 1d4 cold damage on a hit. You have a number of spines equal to 2 + half your level. Used spines regrow when you finish a long rest.

IMPROVED NATURAL ARMOR (2 POINTS)

When you aren't wearing armor, your AC is equal to 13 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

INFERNAL WOUND (2 POINTS)

When you deal damage using a natural weapon you deal an additional 1d6 fire damage.

NATURAL ARMOR (1 POINT)

When you aren't wearing armor, your AC is equal to 12 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

PHLEGOOTHIAN RESISTANCE (3 POINTS)

You have resistance to fire damage.

POISON RESILIENCE (4 POINTS)

You have advantage on saving throws against poison, and you have resistance to poison damage.

POUNDING FIST (1 POINT)

Your fists are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal bludgeoning damage equal to 1d4 + your Strength modifier, instead of the damage normal for an unarmed strike.

STEADFAST (4 POINTS)

You can't be frightened while you can perceive an allied creature within 30 feet of you.

STING (1 POINT)

Your stinger is a natural weapon, which you can use to make unarmed strikes. If you hit with it, you deal piercing damage equal to 1d4 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

TAIL (1 POINT)

Your tail is a natural weapon, which you can use to make unarmed strikes. If you hit with it, you deal bludgeoning damage equal to 1d4 + your Strength modifier, instead of the damage normal for an unarmed strike.

TAIL SPINES (2 POINTS)

You can fire bony, flaming spines from your body as a ranged weapon attack. This attack has 30/60 range, and deals 1d4 piercing damage and 1d4 fire damage on a hit. You have a number of spines equal to 2 + half your level. Used spines regrow by the time you finish a long rest.

EXAMPLE BIRTH PARENT

You can make an infernal birth parent option quickly with any of these examples.

INFERNAL BIRTH PARENT I

One of your birth parents is a tiefling or perhaps even a devil. You can take the heat and see in the dark.

- Darkvision
- Hellish Resistance

INFERNAL BIRTH PARENT II

One of your birth parents is a tiefling or perhaps even a devil. You inherited bat-like wings.

- Flight

BARBED DEVIL BIRTH PARENT

One of your birth parents is a barbed devil. You have powerful claws, natural armor, and can hurl flames.

- Barbed Hide
- Claw
- Hurl Flame
- Natural Armor

BEARDED DEVIL BIRTH PARENT

One of your birth parents is a bearded devil. You have natural armor and poison resistance and are hard to frighten.

- Devilish Beard
- Poison Resilience
- Steadfast

BONE DEVIL BIRTH PARENT

One of your birth parents is a bone devil. You can see in all forms of darkness and have tough skin and a powerful sting attack.

- Devil's Sight
- Improved Natural Armor
- Sting

CHAIN DEVIL BIRTH PARENT

One of your birth parents is a chain devil. You have powerful chains that obey your commands.

- Animate Chain
- Devil's Chain

ERINYES BIRTH PARENT

One of your birth parents is an erinyes. You can magically entangle enemies and have poison resistance

- Hellish Entanglement
- Poison Resilience

HORNED DEVIL BIRTH PARENT

One of your birth parents is a horned devil. You deal fire damage while engaging in melee combat and have tough skin and a powerful tail.

- Flaming Fury
- Improved Natural Armor
- Infernal Wound
- Tail

ICE DEVIL BIRTH PARENT

One of your birth parents is an ice devil. You have a powerful bite attack, icy spikes you can launch at enemies, and tough skin.

- Bite
- Icy Spikes
- Improved Natural Armor
- Tail

IMP BIRTH PARENT

One of your birth parents is an imp. You have a powerful stinger and can turn yourself invisible.

- Hidden Step
- Sting

LEMURE BIRTH PARENT

One of your birth parents is a lemur. You are able to bolster your health and have resistance to cold damage and a powerful fist.

- Hellish Rejuvenation
- Hellish Resistance
- Pounding Fist

PIT FIEND BIRTH PARENT

One of your birth parents is a pit fiend. You have a powerful claw attack and a frightening aura.

- Claw
- Fear Aura

SPINED DEVIL BIRTH PARENT

One of your birth parents is a spined devil. You can see in all forms of darkness and have fiery tail spikes you can launch at enemies.

- Devil's Sight
- Natural Armor
- Tail Spines





MAGMIN PARENTAGE

A magmin resembles a small humanoid sculpted from a black shell of magma. Small jets of flame erupt from their porous skin even when they aren't ablaze and radiating heat like a bonfire.

Magmins are fire elemental spirits bound into physical forms by magic, and they typically appear in the Material Plane only when summoned. They view flammable objects as kindling for a grand conflagration, and few can keep themselves from setting everything they touch ablaze. Their propensity for fire spreads havoc and chaos among fire-intolerant folk. Most magmins are oblivious to the harm their native element causes creatures of the Material Plane. A group of magmins inside a castle can reduce it to a burning shell within minutes.

Although their flames are potent, a magmin's hard magma shell prevents them from instantly igniting everything they come into contact with. A magmin typically seeks out areas of great heat, such as forest fires or the bubbling magma of an active volcano. At other times, a magmin looses fire from their fingertips, setting objects ablaze.

MIXED MAGMINS

Those who spend time with magmins might have children with magmin traits. Some peoples are hardy enough to survive romantic entanglements with magmins. Either way, mixed magmins have some combination of traits that include darkvision, a hard shell of cooled magma, resistance to fire damage, and supernaturally long life.

MAGMIN TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are magmins, choose from the following.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

FIERY REBUKE (2 POINTS)

When you drop to 0 hit points, your blood bursts, spewing hot magma. Each creature within 10 feet of you must make a Dexterity saving throw, taking 1d8 fire damage on a failed save, or half as much damage on a successful one. The DC of this check is 8 + your proficiency bonus + your Constitution modifier. Flammable objects that aren't being worn or carried in the area are ignited. The damage increases by 1d8 when you reach 5th level (2d8), 11th level (3d8), and 17th level (4d8).

Once you use this trait, you can't use it again until you finish a short or long rest.

FIRE RESISTANCE (3 POINTS)

You have resistance to fire damage.

GLOW (1 POINT)

As a bonus action, you can start to emit a warm glow or stop the glow. While aglow, you shed bright light in a 10-foot radius and dim light for an additional 10 feet.

IGNITE (2 POINTS)

When you hit a creature or a flammable object with an unarmed strike, it ignites. Until a creature takes an action to douse the fire, the creature takes 3 (1d6) fire damage at the end of each of its turns.

LONG-LIVED (0 POINTS)

If you inherit this trait from your other birth parent also, your lifespan is relatively long.

MOLTEN TOUCH (1 POINT)

When you hit with an unarmed strike, you can choose to deal fire damage instead of the bludgeoning damage normal for an unarmed strike.

NATURAL ARMOR (1 POINT)

Your skin is a shell of cooled magma. When you aren't wearing armor, your AC is 12 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

STOCKY (1 POINT)

Your base speed is not reduced by wearing heavy armor.

EXAMPLE BIRTH PARENT

You can make a magmin birth parent option quickly with either of these examples.

MAGMIN BIRTH PARENT I

One of your birth parents is a magmin. You are warm to the touch and have an inner glow.

- Fire Resistance
- Glow
- Long-Lived
- Molten Touch
- Natural Armor
- Stocky

MAGMIN BIRTH PARENT II

One of your birth parents is a magmin. Your eyes are molten pools, and your blood is hot magma.

- Darkvision
- Fiery Rebuke
- Ignite
- Long-Lived



MEDUSA PARENTAGE

Medusas have the body and face of humans, though their hair is a nest of snakes. Their skin comes in all natural tones, olive green, and marble white. All who gaze upon a medusa are petrified, becoming stone monuments to the medusa's power.

Medusas are closely allied with gorgons, and the ancestors of today's medusas may have been the ones that first breathed life into those bronze bulls.

Medusas dwell in seclusion or with others of their kind, living apart from the world around them due to their ever-present petrifying ability. Their homes gradually fill with stone statues until they are riddled with obstructions and hiding places. Foolhardy looters who enter are often unaware of the medusas' presence until they are surrounded.

Though others of their kind are immune, a medusa is subject to their own petrifying gaze. By looking at their own reflection, they turn to stone as surely as any living mortal. As a result, medusas destroy or remove any mirrors or reflective surfaces in their communities.

MIXED MEDUSA

Mixed medusas are rare, for to take a lover from another people is to risk turning one's beloved to stone. Meeting on moonless nights and averting or closing eyes are the only precautions for sighted folks. But medusas enjoy the company of the Blind, since there is no risk to them.

Mixed medusas born of such unions have some medusa traits, such as snake hair, thick skin, or the ability to see in the dark. A weakened petrifying gaze is another parentage trait, though it is rare among mixed medusa and considered a blessing and a curse. Most medusa birth parents take special care to train their children to use this gift properly, treating it as a weighty responsibility.

MEDUSA TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are medusas, choose from the following.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

IMPROVED NATURAL ARMOR (2 POINTS)

When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

NATURAL ARMOR (1 POINTS)

When you aren't wearing armor, your AC is 12 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

PETRIFYING GAZE (8 POINTS)

As an action, you can attempt to petrify a creature within 30 feet that can see your eyes. Creatures whose bodies are not made of flesh, such as constructs, are immune to this effect, as are creatures immune to paralysis. The target creature must make a Constitution saving throw. The DC for this saving throw is 8 + your Constitution modifier + your proficiency bonus.

On a failure, the creature begins to turn to stone. It gains the effect of 1 level of exhaustion. The creature must repeat this saving throw at the end of each of its turns. On a failure, the creature gains the effect of an additional level of exhaustion. If the creature fails 6 saving throws, it is petrified until freed by the *greater restoration* spell or similar magic. On a success, the creature resists the effect and loses the effect of 1 level of exhaustion. The creature loses the effect of 1 level of exhaustion each round until it has no exhaustion effects. Creatures immune to exhaustion are not immune to this effect, and actual levels of exhaustion do not stack with this effect.

This effect lasts up to one minute. You must maintain concentration for the duration as if you were casting a spell. If you break concentration, the creature is treated as having 0 levels of exhaustion from this effect and immediately returns to normal. If the creature becomes petrified by this effect, the effects are permanent and you no longer need to concentrate.

A creature that is not surprised can avert its eyes from you as a reaction, which makes it immune to this trait for 1 round. If it does so, it cannot see you until the beginning of its next turn.

Once you use this trait, you can't use it again until you finish a short or long rest.

SNAKE HAIR (2 POINTS)

Your hair are snakes, together forming a natural weapon, which you can use to make unarmed strikes. If you hit with them, you deal 1 piercing damage + your Strength modifier + 1d4 poison damage, instead of the bludgeoning damage normal for an unarmed strike.

EXAMPLE BIRTH PARENT

You can make a medusa birth parent option quickly with either of these examples.

MEDUSA BIRTH PARENT I

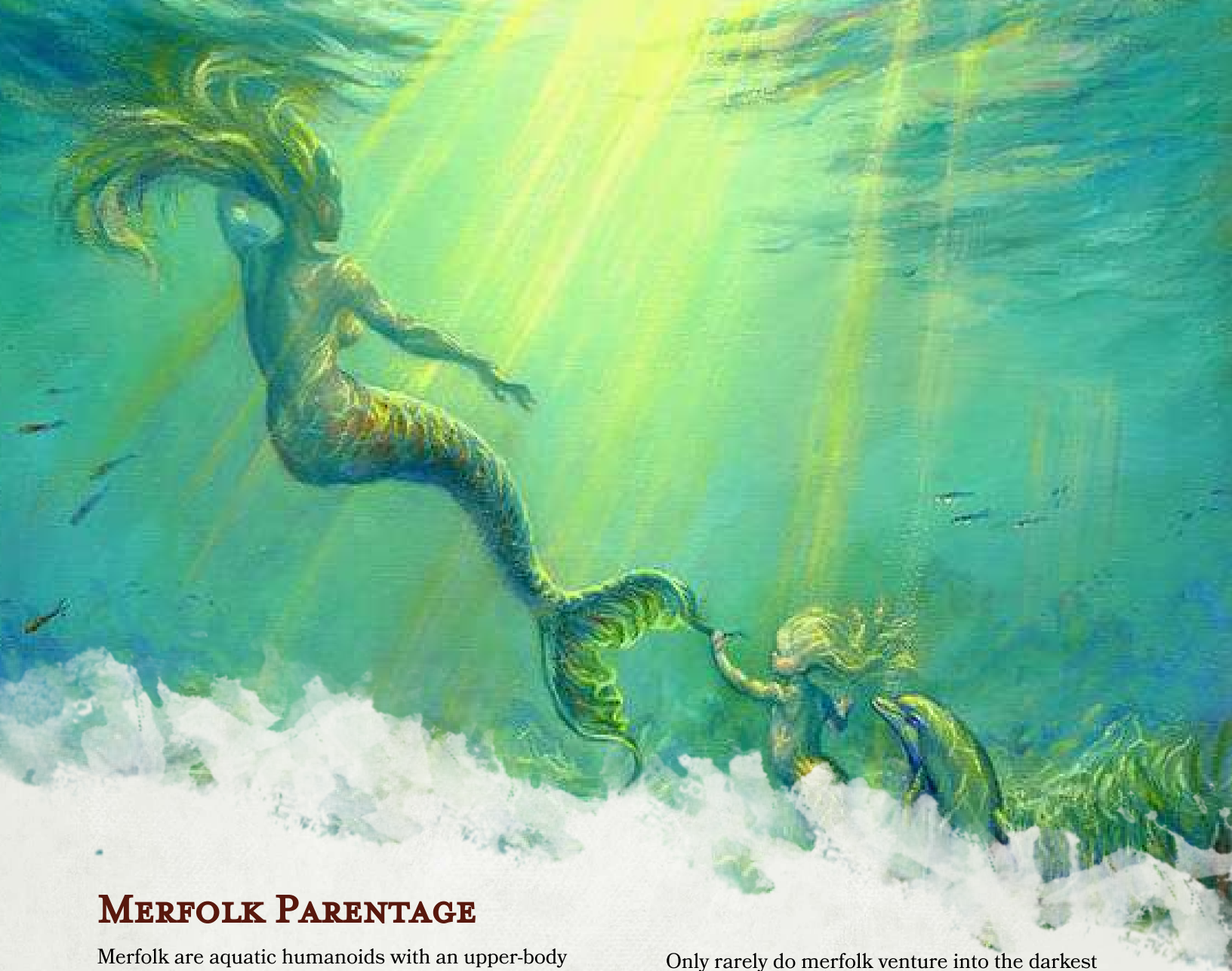
One of your birth parents is of medusa descent or is a medusa themselves. You have snakes for hair and scaly, iridescent skin.

- Darkvision
- Improved Natural Armor
- Snake Hair

MEDUSA BIRTH PARENT II

One of your birth parents is of medusa descent or is a medusa themselves. Your gaze can turn living creatures into stone.

- Petrifying Gaze



MERFOLK PARENTAGE

Merfolk are aquatic humanoids with an upper-body like that of a human and the lower body like that of a fish. Most merfolk adorn their skin and scales with shell decorations.

Merfolk tribes and kingdoms span the waters of most worlds, and their people are as varied in color, culture, and outlook as humans on the surface. Land folk and merfolk rarely meet except by chance, though starry-eyed mariners tell tales of these creatures along the shoals of faraway islands.

Merfolk build their settlements in vast undersea caverns, mazes of coral, the ruins of sunken cities, or structures they carve from the rocky seabed. They live in water shallow enough that the passage of time can be marked by the gleam and fade of sunlight through the water. In the reefs and trenches near their settlements, merfolk harvest coral and farm the seabed, shepherding schools of fish as land-based farmers tend sheep.

Only rarely do merfolk venture into the darkest depths of the ocean. In such depths and in their undersea caverns, merfolk rely on the light of bioluminescent flora and fauna, such as jellyfish, whose slow pulsing movements lend merfolk settlements an otherworldly aesthetic.

Merfolk defend their communities with weapons crafted from materials they can salvage from shipwrecks, beaches, and dead undersea creatures.

MIXED MERFOLK

Perhaps the most surprising trait of mixed merfolk is the uncanny ability to transform their tail to legs and vice versa. As a result, they can pursue interests on land and under the sea.

MERFOLK TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are merfolk, choose from the following.

ABILITY SCORE INCREASE (4 POINTS)

Choose one ability score that does not benefit from an Ability Score Increase from your other birth parent or due to your upbringing. This score increases by 1.

AMPHIBIOUS (1 POINT)

You can breathe air and water.

FISHTAIL (0 POINTS)

Your base speed reduces to 10 feet.

As an action, you can transform your fishtail into legs or vice versa. Changing your tail into legs gives you a base speed of 30 feet but reduces any swimming speed to 15 feet. If you are knocked unconscious or die, you revert to your true form.

IMPROVED SWIM (4 POINTS)

You have a swimming speed of 40 feet.

PISCINE SENSES (2 POINTS)

While immersed in water, you have advantage on Wisdom (Perception) checks.

SWIM (2 POINTS)

You have a swimming speed of 30 feet.

EXAMPLE BIRTH PARENT

You can make a merfolk birth parent option quickly with either of these examples.

MERFOLK BIRTH PARENT I

One of your birth parents is a merfolk. The lower half of your true form resembles that of a fish.

- Ability Score Increase
- Fishtail
- Swim

MERFOLK BIRTH PARENT II

One of your birth parents is a merfolk. You have gills and can breathe underwater.

- Amphibious
- Improved Swim
- Piscine Senses





OGRE PARENTAGE

Ogres are naturally strong. The average adult stands between 9 and 10 feet tall and weighs close to a thousand pounds.

Ogres have voracious appetites and must spend most of their day looking for food to maintain their bulk. They are opportunistic feeders and can eat almost anything. What isn't eaten immediately is often kept in a pouch, along with a few items of sentimental value.

Ogres sometimes band together in small groups, but there are seldom enough natural resources for larger gatherings. When bands of ogres meet, one might attempt to scare off the members of the other

group. However, ogre bands are just as likely to freely trade, especially if the other group is temporarily flush with food or other resources.

Whenever possible, ogres combine forces with other ogres when they might hunt larger creatures. They associate freely with goblinoids, orcs, trolls, and giantkind for the same reason.

OGRILLONS

Mixed ogres are usually called ogrillons. They inherit the incredible appetite and brawny bulk of their ogre birth parent, possibly tempered by the traits of their non-ogre parent.

The biggest difference between ogrillons and their ogre birth parent isn't physically obvious. Nevertheless, an ogrillon can outlive their ogre parent by several decades. As a result, it's not uncommon for an ogrillon to live with their birth parent until their death and then go on to spend the rest of their life among their non-ogre parent's people.

OGRE TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are ogres, choose from the following.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

LENGTHENED STRIDE (2 POINTS)

Your base speed increases by 5 feet.

LONG-LIMBED (6 POINTS)

When you make a melee attack on your turn, your reach for it is 5 feet greater than normal.

POWERFUL BUILD (1 POINT)

You count as one size larger when determining your carrying capacity and the weight you can push, drag, or lift.

SHORT-LIVED (0 POINTS)

If you inherit this trait from your other birth parent also, your lifespan is relatively short.

SIEGE (1 POINT)

When you hit with a melee attack, you deal double damage to objects and structures.

EXAMPLE BIRTH PARENT

You can make an ogre birth parent option quickly with either of these examples.

OGRE BIRTH PARENT I

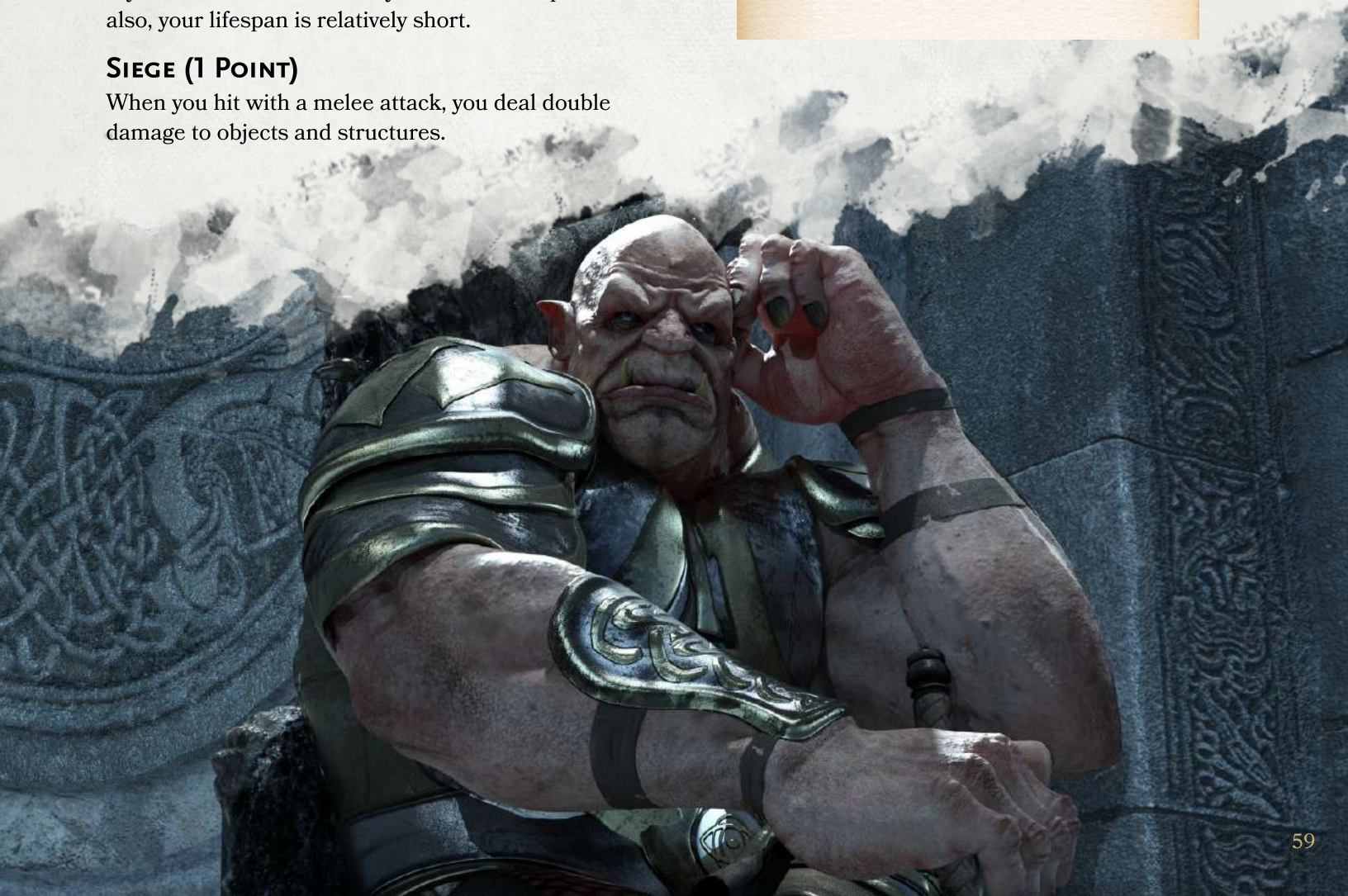
One of your birth parents is an ogre. You have long legs and can see in the dark.

- Darkvision
- Lengthened Stride
- Short-Lived

OGRE BIRTH PARENT II

One of your birth parents is an ogre. You have strong, sinewy arms.

- Long-Limbed
- Powerful Build
- Short-Lived
- Siege





SIREN PARENTAGE

Sirens are semi-aquatic humanoids who live along coasts basking in the sun and salt spray. Their natural calls sound like beautiful melodies to most other humanoids, which has garnered them a reputation for steering ships off course to be dashed against the rocks or run aground in shallow waters.

From a distance, sirens appear to have wings. But what people mistake for wings are really dorsal fins, a large one on the back and a smaller one running from midbrow to the nape of the neck. Sirens' hands and feet are webbed, aiding propulsion and maneuverability while underwater.

Sirens who live in cold water or who dive to the depths in search of food clamber onto rocks to warm in the sunlight. While in the open air, their elaborate calls communicate a thousand and one thoughts and emotions to each other. They can also synchronize their call to form a choir of sirens. Those lucky enough to hear it often describe it as a rapturous experience.

MIXED SIRENS

Mixed sirens often have the aquatic adaptations of their birth parent. Water breathing, webbed hands and feet, and the ability to see in dark water make them as semi-aquatic as any other siren.

However, many have the more fantastical traits of sirenkind. Some can incapacitate another creature with a touch, and others have sea magic or resist magic's pull.

Most mixed sirens have a mixture of aquatic and fantastical traits, but it's entirely possible for someone to have one or the other.

SIREN TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are sirens, choose from the following.

AMPHIBIOUS (1 POINT)

You can breathe air and water.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

IMPROVED MAGIC RESISTANCE (5 POINTS)

You have advantage on all Wisdom saving throws against magic.

LONG-LIVED (0 POINTS)

If you inherit this trait from your other birth parent also, your lifespan is relatively long.

MAGIC RESISTANCE (4 POINTS)

You have advantage on all Intelligence and Charisma saving throws against magic.

SHALLOWS SWIM (1 POINT)

You have a swimming speed of 30 feet. To use this speed, you can't be wearing heavy armor.

SIREN MAGIC (4 POINTS)

You can cast the *charm person* and *fog cloud* spells once each with this trait and regain the ability to do so when you finish a long rest.

You can also cast either of these spells using any spell slots you have of the appropriate level. Charisma is your spellcasting ability for these spells.

STUPEFYING TOUCH (6 POINTS)

You can touch one living creature you can perceive within 5 feet of you. The target must succeed on a Wisdom saving throw or be incapacitated until the start of your next turn. The DC of this saving throw is 8 + your proficiency bonus + your Charisma modifier.

Once you use this trait, you can't use it again until you finish a short or long rest.

EXAMPLE BIRTH PARENT

You can make a siren birth parent option quickly with any of these examples.

SIREN BIRTH PARENT I

One of your birth parents is a siren. You are adapted for life under the sea and can incapacitate with a touch.

- Amphibious
- Long-Lived
- Stupefying Touch
- Shallows Swim

SIREN BIRTH PARENT II

One of your birth parents is a siren. You have innate sea magic and resistance to others' magic.

- Long-Lived
- Magic Resistance
- Siren Magic

SIREN BIRTH PARENT III

One of your birth parents is a siren. You can see in the dark and are resistant to most magic.

- Darkvision
- Improved Magic Resistance
- Long-Lived



SPECTER PARENTAGE

A specter resembles who they looked like in life, but they are almost entirely transparent and slightly luminescent. Whatever injury caused their violent death is prominent in their undead form. They are angry, uncontrollable spirits who cannot pass on to the afterlife.

Sunlight represents a source of life that no specter can ever hope to douse, and it pains them. When night falls, they leave their final resting places in search of living creatures, knowing that few weapons can harm them. At the first light of dawn, they retreat back into the darkness, where they remain until night falls again.

While they still resemble who they were in life, they've lost all sense of connection to their former life and those they loved. In the absence of those memories and connections, specters form new identities and memories, sometimes latching onto the living near their final resting place. Rituals can be performed to bring back the missing memories and connections, but the process is dangerous and often results in the destruction of the specter.

Specters who bond with living individuals around their resting place or in their travels have the best chance of resisting their resentment about not reaching the afterlife.

MIXED SPECTERS

Mixed specters look mostly like their non-specter parent. They live in three different worlds. The world of their non-specter parent, the world their specter parent currently exists in, and the one their specter parent had before their life ended. While the specter parent still looks like who they were in life, the memories and cultural knowledge is gone, leaving a sort of emptiness. In some cases, that emptiness is filled when family from the specter's previous life meet their mixed specter relative and somehow recognize them.

Some mixed specters spend their whole lives searching for the other half of their family, but very few are successful. Most just go about their lives in the culture in which they were raised.



SPECTER TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are specters, choose from the following.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

LIFE DRAIN (2 POINTS)

As an action, you can make a melee spell attack. This attack deals 1d8 necrotic damage on a hit. This damage increases to 2d8 at 5th level, 3d8 at 11th level, and 4d8 at 17th level. Charisma is your spellcasting ability for this attack.

POISON RESISTANCE (4 POINTS)

You have resistance to poison damage and have advantage on saving throws against poison.

SUNLIGHT SENSITIVITY (–6 POINTS)

You have disadvantage on attack rolls and on Wisdom (Perception) checks that rely on sight when you, the target of your attack, or whatever you are trying to perceive is in direct sunlight.

UNDEAD RESISTANCE (2 POINTS)

You have resistance to necrotic damage.

WEIGHTLESS FLIGHT (9 POINTS)

You have a flying speed of 30 feet.

EXAMPLE BIRTH PARENT

You can make a specter birth parent option quickly with either of these examples.

SPECTER BIRTH PARENT I

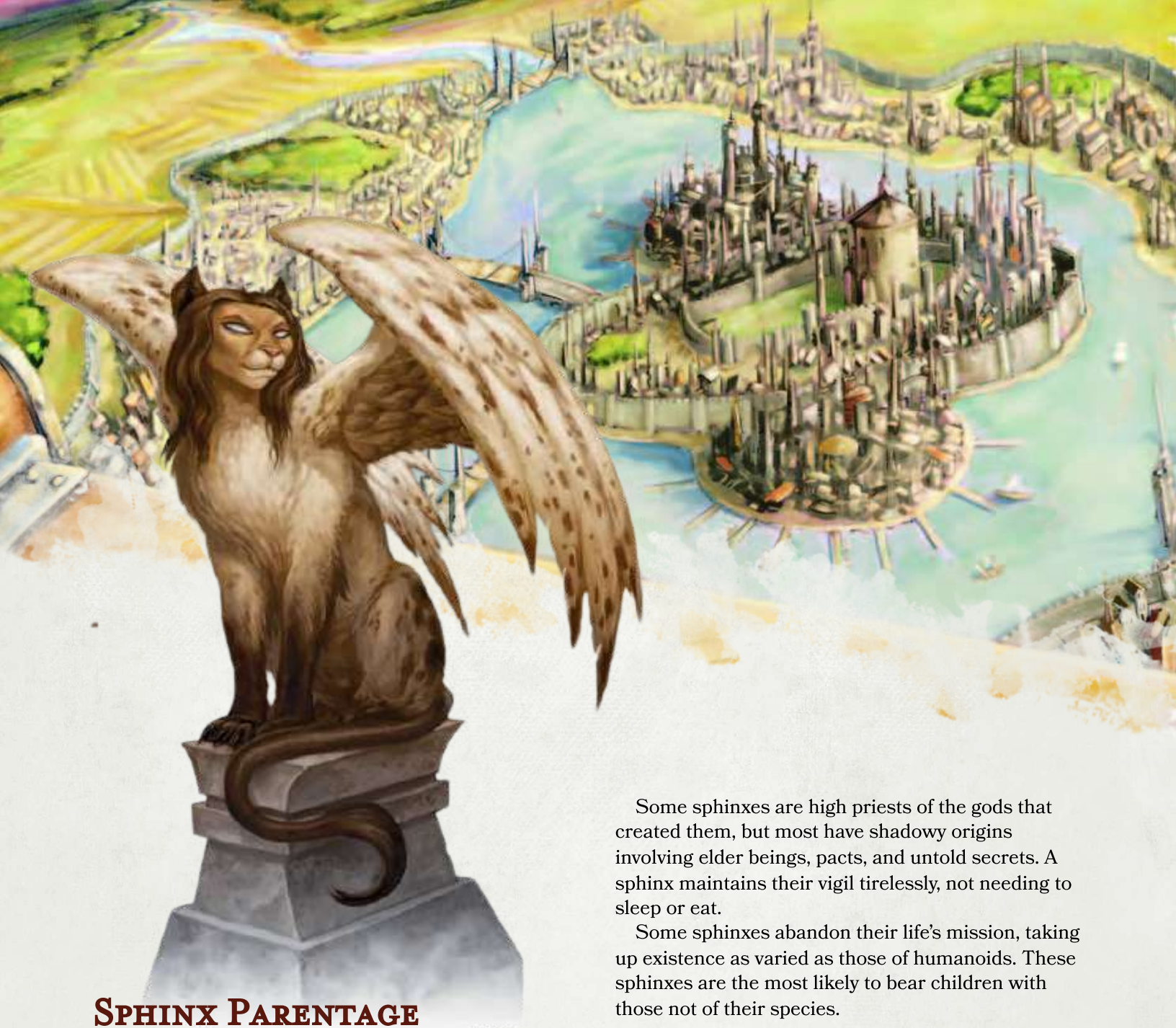
One of your birth parents is a specter. You're able to fly and have undead resistance.

- Life Drain
- Sunlight Sensitivity
- Undead Resistance
- Weightless Flight

SPECTER BIRTH PARENT II

One of your birth parents is a specter. You have darkvision and resistance to poison.

- Darkvision
- Poison Resistance



SPHINX PARENTAGE

In solemn isolation, a sphinx guards the secrets and treasures of inscrutable beings. As they regard each person who comes before them, evidence of those who have failed to pass the sphinx's tests lie scattered around their lair. Their great wings sweep along their flanks, their tawny leonine body rippling with muscle and possessing forepaws powerful enough to tear a humanoid in half.

Sphinxes test the worth of those who seek the wisdom of the gods, whether forgotten secrets, mighty spells, artifacts, or magical gateways. Creatures that choose to face a sphinx's test are bound to that test unto death.

Some sphinxes are high priests of the gods that created them, but most have shadowy origins involving elder beings, pacts, and untold secrets. A sphinx maintains their vigil tirelessly, not needing to sleep or eat.

Some sphinxes abandon their life's mission, taking up existence as varied as those of humanoids. These sphinxes are the most likely to bear children with those not of their species.

MIXED SPHINXES

Most mixed sphinxes look like their non-sphinx birth parent and are unaware of their mixed parentage until their magical powers or prodigious mental aptitude assert themselves in adolescence or young adulthood. Others are unmistakably mixed sphinx from birth, presenting retractable claws and feathered wings.

Many mixed sphinxes have innate characteristics that would aid a person who likes to discover and keep secrets. Whether or not they hone these mental reflexes is up to each individual.

SPHINX TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are sphinxes, choose from the following.

ANDROSPHINX MAGIC (8 POINTS)

You know the *thaumaturgy* cantrip. When you reach 3rd level, you can cast the *command* spell once with this trait and regain the ability to do so when you finish a long rest. When you reach 5th level, you can cast the *zone of truth* spell once with this trait and regain the ability to do so when you finish a long rest.

You can also cast either of these spells using any spell slots you have of the appropriate level. Wisdom is your spellcasting ability for these spells.

CLAWS (2 POINTS)

Your claws are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal slashing damage equal to 1d6 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

FLIGHT (6 POINTS)

You have a flying speed of 20 feet. To use this speed, you can't be wearing medium or heavy armor.

GYNOSPHINX MAGIC (8 POINTS)

You know the *prestidigitation* cantrip. When you reach 3rd level, you can cast the *detect magic* spell once with this trait and regain the ability to do so when you finish a long rest. When you reach 5th level, you can cast the *locate object* spell once with this trait and regain the ability to do so when you finish a long rest.

You can also cast either of these spells using any spell slots you have of the appropriate level. Intelligence is your spellcasting ability for these spells.

INSCRUTABLE (1 POINT)

You're immune to any effect that would sense your emotions or read your thoughts, as well as any divination spell that is cast on you against your will. In addition, you can impose disadvantage on Wisdom (Insight) checks made to ascertain your intentions or sincerity.

KEEN SIGHT (1 POINT)

You have advantage on Wisdom (Perception) checks that rely on sight.



LONG-LIVED (0 POINTS)

If you inherit this trait from your other birth parent also, your lifespan is relatively long.

MIND OVER MATTER (1 POINT)

You can cast spells as though you were using a spellcasting focus, even if you are not doing so.

SUPERIOR FLIGHT (16 POINTS)

You have a flying speed of 40 feet. To use this speed, you can't be wearing medium or heavy armor.

UNASSAILABLE MIND (4 POINTS)

You have resistance to psychic damage, and you're immune to the charmed and frightened conditions.

EXAMPLE BIRTH PARENT

You can make a sphinx birth parent option quickly with any of these examples.

SPHINX BIRTH PARENT I

One of your birth parents is a sphinx of any type or a mix of sphinx parentages. You have a sphinx's wings and eyes and an inscrutable mind.

- Flight
- Inscrutable
- Keen Sight
- Long-Lived

SPHINX BIRTH PARENT II

One of your birth parents is a sphinx of any type or a mix of sphinx parentages. You have sharp claws and a mind like a steel trap.

- Claws
- Long-Lived
- Mind Over Matter
- Unassailable Mind

ANDROSPHINX BIRTH PARENT

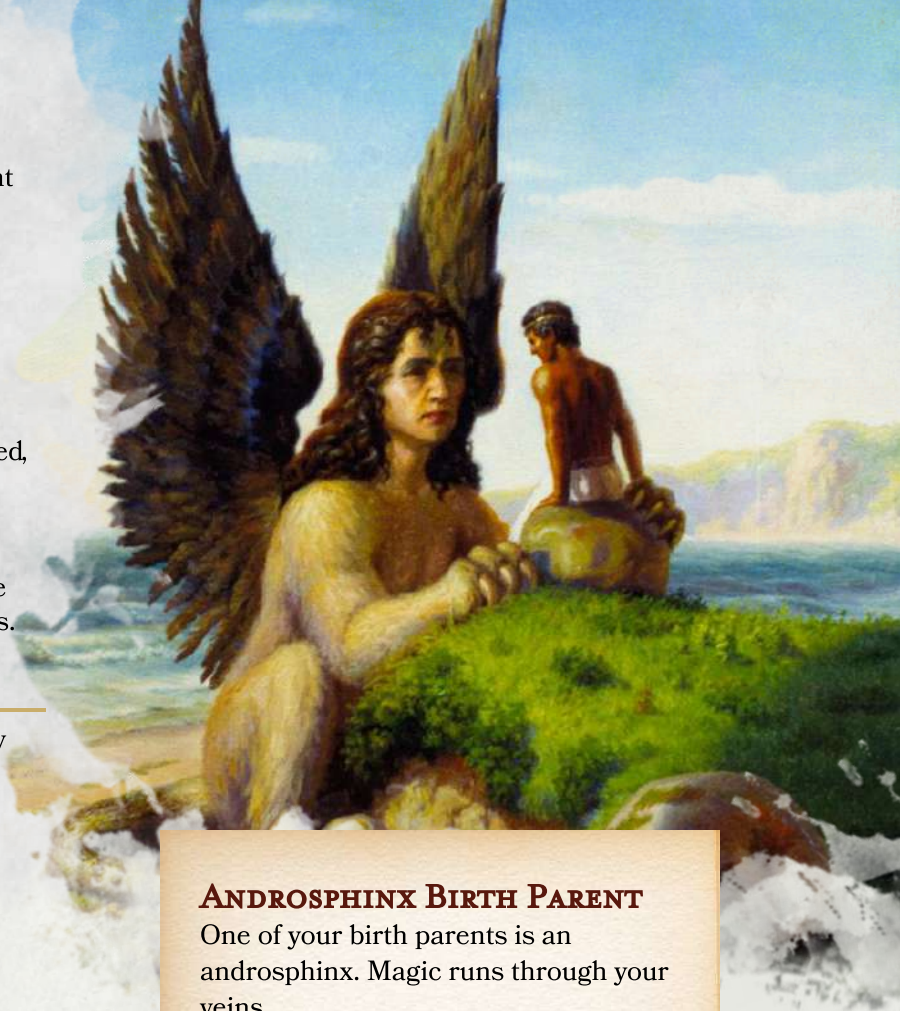
One of your birth parents is an androsphinx. Magic runs through your veins.

- Androsphinx Magic
- Long-Lived

GYNOSPHINX BIRTH PARENT

One of your birth parents is a gynosphinx. Magic runs through your veins.

- Gynosphinx Magic
- Long-Lived





TARRASQUE-KIN PARENTAGE

The tarrasque is the most terrible creature to inhabit the Prime Material Plane. This gargantuan beast is fifty feet tall and seventy feet long, with a long tail, reflective carapace, and two large horns on its head. Those originally known as tarrasque-kin have in some way been infused with the essence or blood of this primordial creature. Most tarrasque-kin come from a lineage, while a lucky (or unlucky) few have been directly touched by the beast.

Tarrasque-kin live in communities away from others to avoid the hostility from being visibly tied to the tarrasque. These communities are just like any other, if not more tight-knit since they are all related, albeit distantly.

Their government often functions as a parliamentary monarchy, where the founding family—sometimes families—are seen as the queens and kings of the community, though the bulk of the decision-making is done by the parliament, a group of elected officials.

In almost every community, there is a sect of individuals—sometimes officially funded and sanctioned by the governing body—that spends their time researching the origins of the tarrasque. Some research out of simple curiosity, while others seek to remove the tarrasque influence within them. Others still seek this information for far darker purposes.

MIXED TARRASQUE-KIN

Mixed tarrasque-kin serve an important function in the small communities most tarrasque-kin hail from. Because they often resemble their non-tarrasque parent, they are used as ambassadors, spies, merchants, and wandering travelers gathering information about the outside world and collecting any bits of lore they can find about the tarrasque.

TARRASQUE-KIN TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are tarrasque-kin, choose from the following.

BITE (2 POINTS)

Your teeth are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to 1d6 + your Strength modifier instead of the bludgeoning damage normal for an unarmed strike.

CLAW (4 POINTS)

Your claws are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal slashing damage equal to 1d8 + your Strength modifier instead of the bludgeoning damage normal for an unarmed strike.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

IMPROVED NATURAL ARMOR (2 POINTS)

When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

NATURAL ARMOR (1 POINT)

When you aren't wearing armor, your AC is 12 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

REFLECTIVE CARAPACE (7 POINTS)

When you are targeted by a line spell or a spell that requires a ranged attack roll, you can attempt to reflect the spell back at its caster. If the spell requires a saving throw, you reflect it when you roll a 20 on the die. If the spell requires a ranged attack roll, you reflect it when the caster rolls a 1 on the die. If you successfully reflect the spell, you are unaffected, and the effect is reflected back at the caster, using the spell slot level, spell save DC, attack bonus, and spellcasting ability of the caster.

When you choose this trait, you must decide if this trait is activated when you are hit with a line spell or a ranged attack roll. Once you use this trait, you can't use it again until you finish a short or long rest.

EXAMPLE BIRTH PARENT

You can make a tarrasque-kin birth parent option quickly with either of these examples.

TARRASQUE-KIN BIRTH PARENT I

One of your birth parents is a tarrasque-kin. You have reflective skin.

- Reflective Carapace

TARRASQUE-KIN BIRTH PARENT II

One of your birth parents is a tarrasque-kin. You have a powerful bite, claw attack, and natural armor.

- Bite
- Claw
- Improved Natural Armor





UNICORN PARENTAGE

Unicorns hail from enchanted forests. Unrelated to the horses they resemble, a unicorn is a creature that wanders sylvan realms. They come in two colors: their white form glimmering like starlight and their dark form like the lustrous night sky.

A unicorn's brow sports a single spiraling horn of ivory whose magical touch can heal the sick and the injured. Their ears catch the words and whispers of the creatures that share their domain, and they know the tongues of those who dwell there. Nothing that occurs in a unicorn's domain escapes the creature's notice.

A unicorn roams their domain constantly, able to move so carefully as not to disturb other denizens. A creature might catch a passing glimpse of a unicorn then suddenly see nothing.

A unicorn's horn is the focus of their power, a shard of divine magic wrought in spiraling ivory. Wands of unicorn horn channel powerful magic, while unicorn horn weapons strike with divine force.

MIXED UNICORNS

Some who are blessed by the unicorn bear children who inherit some of the unicorn's physical characteristics or natural magic. Some are born with knuckles and feet as hard as flint. Others have innate magical power that manifests in adulthood or even earlier.

Some mixed unicorns even have gleaming horns, some magical and some not. The magical ones can heal wounds with a touch, but even a nonmagical horn is an awesome sight and a deadly weapon.

UNICORN TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are unicorns, choose from the following.

GALLOP (2 POINTS)

Your base speed increases by 5 feet.

HEALING TOUCH (4 POINTS)

You have a spiral horn protruding from your brow. As an action, you can touch a creature that is neither a construct nor undead with your horn, magically healing it 2d8 + your Wisdom modifier.

HOOVES AND HORN (2 POINTS)

The end of each of your limbs is hardened with keratin, and you have a spiral horn protruding from your brow. These are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal bludgeoning or piercing damage equal to 1d6 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

LONG-LIVED (0 POINTS)

If you inherit this trait from your other birth parent also, your lifespan is relatively long.

NATURE MAGIC (2 POINTS)

You know the *druidcraft* cantrip. Wisdom is your spellcasting ability for it.

UNICORN MAGIC (6 POINTS)

When you reach 3rd level, you can cast the *detect evil and good* or *entangle* spell. You can cast this spell once with this trait and regain the ability to do so when you finish a long rest. When you reach 5th level, choose the *calm emotions* or *pass without trace* spell. You can cast this spell once with this trait and regain the ability to do so when you finish a long rest.

You can also cast either of these spells using any spell slots you have of the appropriate level. Wisdom is your spellcasting ability for these spells.

EXAMPLE BIRTH PARENT

You can make a unicorn birth parent option quickly with either of these examples.

UNICORN BIRTH PARENT I

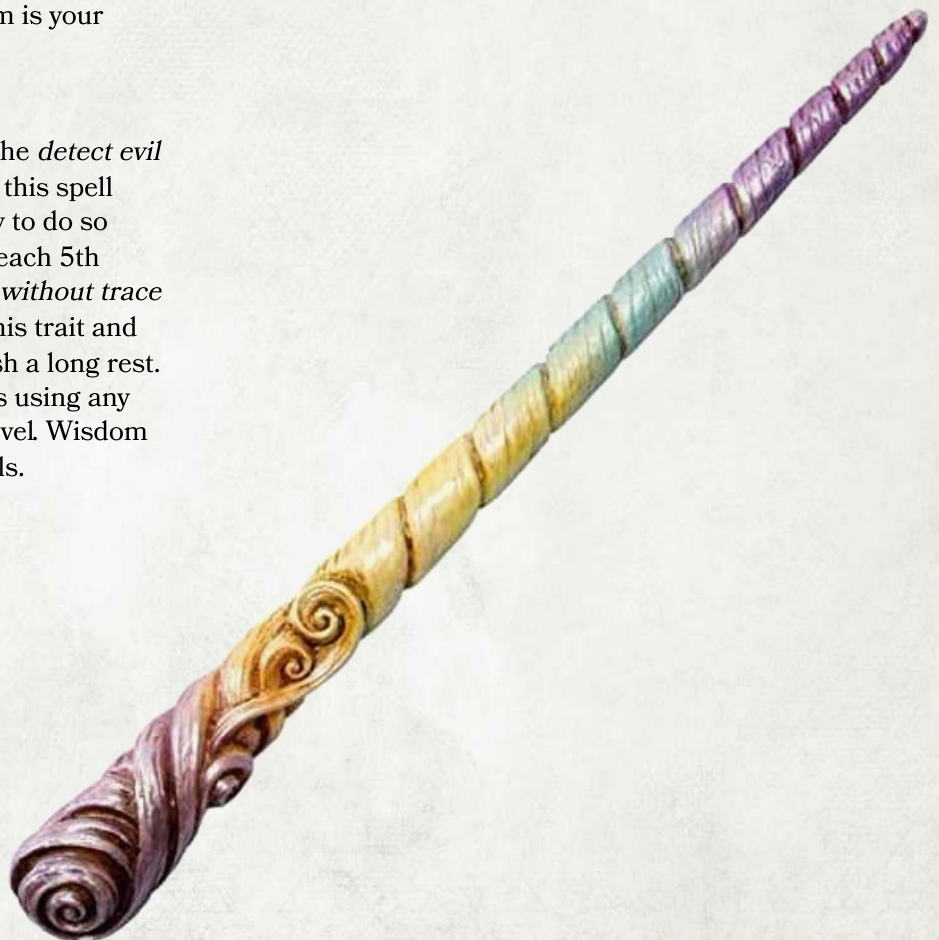
One of your birth parents is a unicorn. You can attack with horn or hoof and you possess innate magic.

- Hooves and Horn
- Long-Lived
- Unicorn Magic

UNICORN BIRTH PARENT II

One of your birth parents is a unicorn. You have healing and sylvan powers.

- Gallop
- Healing Touch
- Long-Lived
- Nature Magic





VAMPIRE PARENTAGE

Vampires are undead who feed on blood. They are considered one of the most feared and powerful undead. They look nearly identical to the person they were in life, but with pallid skin, hardened facial features, blood-red eyes, and sharp teeth.

Vampires are solitary and territorial creatures by nature, with the exception being other vampires they've created themselves, but even that companionship only lasts for so long before it ends, sometimes by force.

There are rare occasions when ancient vampires who have amassed an impressive amount of territory and food sources come together to form a coven. This coven decides which city to insert themselves

into and become the ruling power. Once that has happened, the vampires' influence is hidden to encourage neighboring communities to not only visit whatever city they're secretly controlling but also to avoid being hunted. These societies have strict rules around feeding and turning other individuals within and outside their city limits for those who belong to it.

DHAMPIRS

Mixed vampires happen in one of three ways. First, a vampire takes a liking to a non-vampire person and a child is born. Second, a vampire feeds on a pregnant individual for an extended period of time, and when the child is born they manifest vampiric characteristics. The third is that a pregnant individual is changed, and the baby is born shortly thereafter.

Regardless of how it happens, mixed vampires, often referred to as dhampirs, have the physique of their non-vampire parent while having the powers and hunger of their vampire parent.

VAMPIRE TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are dhampirs or vampires, choose from the following.

BAT FORM (9 POINTS)

If you aren't in sunlight or running water, as an action, you can polymorph into a Tiny bat or back into your true form.

While in bat form, you can't speak, your walking speed is 5 feet, and you have a flying speed of 30 feet. Your statistics, other than your size and speed, are unchanged. Anything you are wearing transforms with you, but nothing you are carrying does. You revert to your true form if you fall to 0 hit points.

You can adopt bat form at will.

BITE (2 POINTS)

Your fangs are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to 1d6 + your Strength modifier instead of the bludgeoning damage normal for an unarmed strike.

BLOOD DEPENDENCY (-2 POINTS)

If you fail to drink blood once per 7 days, you suffer 1 level of exhaustion at the end of the 7th day. You can recover from this exhaustion only through magic or by drinking blood.

CLAW (1 POINT)

Your claws are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal slashing damage equal to 1d4 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

FORBIDDANCE (-3 POINTS)

You can't enter a residence without an invitation from one of the occupants.

HOLY AVERSION (-2 POINTS)

You're vulnerable to radiant damage and damage dealt from holy water.

LONG-LIVED (0 POINTS)

If you inherit this trait from your other birth parent also, your lifespan is relatively long.

MIST FORM (9 POINTS)

If you aren't in sunlight or running water, as an action, you can polymorph into a Medium cloud of mist or back into your true form.

While in mist form, you can't take any actions, speak, or manipulate objects. You are weightless, have a flying speed of 10 feet, can hover, and can enter a hostile creature's space and stop there. In addition, if air can pass through a space, you can do so without squeezing, but you can't pass through liquids. You have advantage on Strength, Dexterity, and Constitution saving throws and resistance to all nonmagical damage, except the damage you take from sunlight. You can't fall and remain hovering in the air even when stunned or otherwise incapacitated.

You can remain in mist form for up to 1 hour, at which point you return to your true form. If you are forced to revert to your true form while in a space that cannot contain you, you are shunted into the nearest safe space, following a path that mist could follow, and take 1d6 damage per 5 feet traveled this way. The resistance while in mist form does not apply to this damage. Once you adopt mist form, you cannot do so again until you have completed a long rest.

MISTY ESCAPE (5 POINTS)

When you drop to 0 hit points outside your resting place, you transform into a cloud of mist instead of falling unconscious, provided that you aren't in sunlight or running water. If you can't transform (either due to sunlight, running water, because you have used this trait already since your last long rest, or due to another effect that prevents you from changing forms), you are destroyed.

You have 1 hour to be healed or be destroyed. While at 0 hit points, you automatically succeed on death saving throws (though you do not roll these saves, so you cannot roll a natural 20 to regain 1 hit point). However, if you take radiant damage (such as the damage you take from sunlight) or damage from holy water, treat it as though you had failed a death saving throw. If you fail three death saving throws, you are destroyed.

Once you use this trait, you can't use it again until you finish a long rest.

REGENERATION (5 POINTS)

You are able to recover from wounds with horrifying speed. As a bonus action, you can spend a Hit Die to recover hit points. If you take fire damage, you can't use your regeneration trait to recover hit points until the end of your next turn.

SPIDER CLIMB (5 POINTS)

You can climb difficult surfaces, including upside down on ceilings, without needing to make an ability check.

STAKE TO THE HEART (-4 POINTS)

You are destroyed if a piercing weapon made of wood is driven into your heart while you are at 0 hit points.

SUNLIGHT HYPERSENSITIVITY (-6 POINTS)

You take 10 radiant damage when you start your turn in sunlight. While in sunlight, you have disadvantage on attack rolls.

You can choose this trait more than once. Each time you take this trait, increase the damage dealt by sunlight by 10.

EXAMPLE BIRTH PARENT

You can make a vampire birth parent option quickly with either of these examples.

VAMPIRE BIRTH PARENT I

One of your birth parents is a vampire or dhampir. You have powerful claws, an aversion to radiant energy, and the ability to shapechange and climb surfaces.

- Bat Form
- Blood Dependency
- Claw
- Holy Aversion
- Long-Lived
- Regeneration
- Spider Climb
- Stake to the Heart
- Sunlight Hypersensitivity

VAMPIRE BIRTH PARENT II

One of your birth parents is a vampire or dhampir. You have a powerful bite, are harmed by running water, and turn to mist instead of falling unconscious.

- Bite
- Forbiddance
- Long-Lived
- Mist Form
- Misty Escape
- Regeneration
- Sunlight Hypersensitivity





WARFORGED PARENTAGE

The warforged were originally built to fight. While the first warforged were mindless automatons, an unexpected breakthrough produced sapient soldiers, giving rise to what some have only grudgingly accepted as a new species.

Warforged are made from wood and metal, but they can feel pain and emotion. Built as weapons, they must now find a purpose beyond war. A warforged can be a steadfast ally, a cold-hearted killer, or a visionary in search of meaning.

Warforged are formed from a blend of organic and inorganic materials. Root-like cords infused with alchemical fluids serve as their muscles, wrapped around a framework of steel, darkwood, or stone. Armored plates form a protective outer shell and reinforce joints. Warforged share a common facial design, with a hinged jaw and crystal eyes embedded beneath a reinforced brow ridge.

Beyond these common elements of warforged design, the precise materials and build of a warforged vary based on the purpose for which it was designed. Although they were manufactured, warforged are living humanoids. Resting, healing magic, and the Medicine skill all provide the same benefits to warforged that they do to other humanoids.

MIXED WARFORGED

Warforged can and have reproduced with each other and even other humanoids. Some warforged offspring are constructed, as their birth parent was. Others reproduce by magical means, such as a *wish* spell. It's believed that some warforged can modify their physiology to reproduce by natural means.

Mixed warforged are a mixture of the organic and the synthetic. Some require no sleep, some are resistant to poison and disease, and some have natural armor.

WARFORGED TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are warforged, choose from the following.

ACID RESISTANCE (3 POINTS)

You have resistance to acid damage.

AVERSION TO FIRE (–6 POINTS)

You're vulnerable to fire damage. If you take fire damage, you have disadvantage on attack rolls and ability checks until the end of your next turn.

AVERSION TO LIGHTNING (–6 POINTS)

You're vulnerable to lightning damage. If you take lightning damage, you have disadvantage on attack rolls and ability checks until the end of your next turn.

CONSTRUCTED RESILIENCE (10 POINTS)

You were created to have remarkable fortitude, represented by the following benefits:

- You have advantage on saving throws against being poisoned, and you have resistance to poison damage.
- You don't need to eat, drink, or breathe.
- You are immune to disease.
- You don't need to sleep, and magic can't put you to sleep.

HASTENED (13 POINTS)

You can momentarily increase your speed, striking swiftly and evading blows with ease. Until the end of your next turn, you magically gain a +2 bonus to AC, have advantage on Dexterity saving throws, and can make a melee weapon attack as a bonus action. Once you use this trait, you can't use it again until you finish a short or long rest.

INTEGRATED PROTECTION (6 POINTS)

Your body has built-in defensive layers, which can be enhanced with armor.

- You gain a +1 bonus to Armor Class.
- You can don only armor with which you have proficiency. To don armor, you must incorporate it into your body over the course of 1 hour, during which you must remain in contact with the armor. To doff armor, you must spend 1 hour removing it.

- You can rest while donning or doffing armor in this way.
- While you live, your armor can't be removed from your body against your will.

LIGHTNING IMMUNITY (8 POINTS)

You are immune to lightning damage.

LONGEVITY (1 POINT)

If you inherit this trait from your other birth parent also, your lifespan is relatively long. In addition, you halve the effect of any magical aging. If your other birth parent is also a warforged, you are immune to magical aging effects.

MAGIC RESISTANCE (7 POINTS)

You have advantage on all Strength, Dexterity, and Constitution saving throws against magic.

MUNDANE RESISTANCE (6 POINTS)

You have resistance to bludgeoning damage from nonmagical attacks that aren't adamantite.

MUNDANE VULNERABILITY (–12 POINTS)

You have vulnerability to bludgeoning damage.



POISON BREATH (7 POINTS)

As an action, you can breathe poison in a 15-foot cone. Each creature in that cone must make a Dexterity saving throw. The DC for this saving throw equals 8 + your Constitution modifier + your proficiency bonus. A creature takes 2d6 poison damage on a failed save and half as much damage on a successful one.

The damage increases by 1d6 when you reach 5th level (3d6), 11th level (4d6), and 17th level (5d6). Once you use this trait, you can't use it again until you finish a short or long rest.

SENTRY'S REST (1 POINT)

When you take a long rest, you must spend at least six hours in an inactive, motionless state, rather than sleeping. In this state, you appear inert, but it doesn't render you unconscious, and you can see and hear as normal.

SLAM (1 POINT)

Your fists are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal bludgeoning damage equal to 1d4 + your Strength modifier.

SLOW (13 POINTS)

You can target one or more creatures within 10 feet of you and magically slow their movements. Each target must make a Wisdom saving throw against this magic. The DC of this saving throw is 8 + your proficiency modifier + your Constitution bonus.

On a failure, a target can't use reactions, its speed is halved, and it can't make more than one attack on its turn. In addition, the target can take either an action or a bonus action on its turn, not both.

These effects last for 1 minute. You must maintain concentration during that time, as if you were casting a spell. A target can repeat the saving throw at the end of each of its turns, ending the effect on itself on a success.

Once you use this trait, you can't use it again until you finish a long rest.

UNSTABLE FORM (-10 POINTS)

Your body is not completely rigid, and your limbs often fluctuate in size and shape as you move. You are unable to wear armor, but can still use shields.

EXAMPLE BIRTH PARENTS

You can make a warforged birth parent option quickly with any of these examples.

WARFORGED BIRTH PARENT I

One of your birth parents is a warforged. You do not require sleep and have built-in protection.

- Integrated Protection
- Longevity
- Sentry's Rest

WARFORGED BIRTH PARENT II

One of your birth parents is a warforged. You have remarkable fortitude.

- Constructed Resilience
- Longevity

CLAYFORGED BIRTH PARENT

One of your birth parents is a clay warforged. You have acid resistance, can deal powerful additional blows, and have a powerful slam attack.

- Acid Resistance
- Hastened
- Longevity
- Slam
- Unstable Form

FLESHFORGED BIRTH PARENT

One of your birth parents is a flesh warforged. You have vulnerability to fire, are immune to lightning damage, and have a powerful slam attack.

- Aversion to Fire
- Lightning Immunity
- Longevity
- Mundane Resistance
- Slam

IRONFORGED BIRTH PARENT

One of your birth parents is an iron warforged. You have vulnerability to lightning damage, resistance to magical effects, a poison breath, and a powerful slam attack.

- Aversion to Lightning
- Longevity
- Magic Resistance
- Poison Breath
- Slam

STONEFORGED BIRTH PARENT

One of your birth parents is a stone warforged. You can slow your enemies and have magic resistance, vulnerability to bludgeoning damage, and a power fist attack.

- Longevity
- Magic Resistance
- Mundane Vulnerability
- Slam
- Slow





WIGHT PARENTAGE

Wights are undead creatures given a mockery of life through sheer violence and hatred. They look nearly identical to the person they were in life, but with pallid, shriveled-up skin and a sunken nose.

Wights were so driven by their goals that they would give anything to return to the mortal plane after death. In the last moments of their lives, when they called out to the emptiness that was about to take them, something called back, promising them the power to fulfill their destiny. All the power wanted in return was obedience.

Oftentimes while going about their own goals and the ones they pledged to complete, wights fall into the patterns that governed their lives. For example, if they were once an adventurer or blacksmith before something brought them to their death, they often carry on with their occupation.

MIXED WIGHTS

Mixed wights, while inheriting the pallid skin of their wight parent, otherwise look like their non-wight birth parent.

Unless the non-wight parent had evil machinations, once they realize that the wight parent has dedicated their undeath to something unholy, they do their best to hide themselves and their child from the wight. When this doesn't work out, the non-wight parent is often removed from the picture and the child grows up with the wight, often helping with their plan.

If the non-wight parent successfully fled with the child, it's common for the mixed wight to grow up and learn who their other parent was and vow to put an end to whatever schemes they had brewing.

WIGHT TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are wights, choose from the following.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

SUNLIGHT SENSITIVITY (-6 POINTS)

You have disadvantage on attack rolls and on Wisdom (Perception) checks that rely on sight when you, the target of your attack, or whatever you are trying to perceive is in direct sunlight.

UNDEAD IMMUNITY (10 POINTS)

You have immunity to poison damage and the poisoned condition.

UNDEAD RESILIENCE (5 POINTS)

You have resistance to necrotic damage and are immune to exhaustion.

EXAMPLE BIRTH PARENT

You can make a wight birth parent option quickly with either of these examples.

WIGHT BIRTH PARENT I

One of your birth parents is a wight. You have darkvision and undead resilience.

- Darkvision
- Undead Resilience

WIGHT BIRTH PARENT II

One of your birth parents is a wight. You have darkvision, sunlight sensitivity, and undead immunity.

- Darkvision
- Sunlight Sensitivity
- Undead Immunity





WRAITH PARENTAGE

Wraiths are incorporeal beings made of dark wispy smoke. The only defining parts of their body are their arms and head. They are regarded as malice incarnate, concentrated into an incorporeal form that seeks to quench all life. Oftentimes they are exactly that, but wraiths who are able to remember who they were in their previous life can control their urge to annihilate every living thing and even manage to rekindle relationships from their past life.

Besides the relationships from their previous life a wraith might rekindle, they otherwise live solitary lives, haunting tombs. Sometimes wraiths rule the legions of the dead, plotting the doom of living creatures.

MIXED WRAITHS

Mixed wraiths typically inherit the appearance of their non-wraith parent, though there is some wispieness to their body, even if they are very much corporeal.

Some mixed wraiths live among the communities of their non-wraith parent, living lives typical of their station and skill.

Others choose the solitary lives their wraith parents endure. Unwilling to embrace the living fully, these individuals sometimes seek out their wraith parent, but even the wraiths that have the most of their memories from a previous life find it hard to be around living beings for long stretches of time.

A number of solitary mixed wraiths throw themselves into arcane studies, taking advantage of the longevity their undead heritage gives them. Often those who do attempt to bring back the memories of their wraith parent fully.

WRAITH TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are wraiths, choose from the following.

BEREFT OF BODY (-10 POINTS)

You are unable to wear armor, but can still use shields.

DARKVISION (4 POINTS)

You have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

HOVER (12 POINTS)

You have a flying speed of 10 feet and can hover.

LONG-LIVED (0 POINTS)

If you inherit this trait from your other birth parent also, your lifespan is relatively long.

POISON RESISTANCE (3 POINTS)

You have resistance to poison damage and have advantage on saving throws against poison.

SUNLIGHT SENSITIVITY (-6 POINTS)

You have disadvantage on attack rolls and on Wisdom (Perception) checks that rely on sight when you, the target of your attack, or whatever you are trying to perceive is in direct sunlight.

UNDEAD RESISTANCE (2 POINTS)

You have resistance to necrotic damage.

WEIGHTLESS FLIGHT (12 POINTS)

You have a flying speed of 20 feet.

EXAMPLE BIRTH PARENT

You can make a wraith birth parent option quickly with either of these examples.

WRAITH BIRTH PARENT I

One of your birth parents is a wraith. You have darkvision, undead resistance, and an incorporeal form.

- Bereft of Body
- Darkvision
- Hover
- Long-Lived
- Undead Resistance

WRAITH BIRTH PARENT II

One of your birth parents is a wraith. You have sunlight sensitivity, the ability to fly, and undead resistance.

- Long-Lived
- Poison Resistance
- Sunlight Sensitivity
- Weightless Flight





YUAN-TI PARENTAGE

Yuan-ti are serpentine creatures who mix some traits of humanoids with those of snakes, though the proportion varies from individual to individual.

All yuan-ti can interbreed. Yuan-ti who give birth typically lay clutches of eggs stored in a common hatchery, although live births aren't rare. A mating between yuan-ti of different types almost always produces eggs that hatch into yuan-ti with a mix of the parents' traits and physiologies. Yuan-ti are able to reproduce with humanoids of any type as well.

Some assume that because yuan-ti are cold-blooded and reptilian that they must be emotionally stunted and alien in mindset. In truth, they have the same range and depth of feeling as mammalian or avian humanoids.

Some yuan-ti strongly resemble humans and can live incognito among humans if they wish. Indeed, some yuan-ti aren't even aware of their yuan-ti ancestry.

MIXED YUAN-TI

Any yuan-ti can reproduce with humanoids. Doing so results in a mixed yuan-ti bearing subtle serpentine features but mostly resembling their non-yuan-ti birth parent.

Some mixed yuan-ti are able to see in the dark and are not easily poisoned. The rest have an affinity with snakes, have a venomous attack, and are not easily injured by poison.

Most mixed yuan-ti, like many species of snakes, bear live children instead of laying eggs. Mixed yuan-ti only lay eggs if their partner is an aarakocra, gith, turtle, or some other egg-laying humanoid.

Because yuan-ti physical features are so subtle in mixed yuan-ti, rumors exist that yuan-ti have spies and infiltrators among other peoples. This may be true in some instances, but they're more likely just tall tales born of a quirk of nature.

YUAN-TI TRAITS

You have a pool of 16 points to spend between your two birth parents. If either or both of your birth parents are yuan-ti, choose from the following.

BITE (6 POINTS)

Your fangs are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to 1d4 + your Strength modifier plus 1d6 poison damage, instead of the bludgeoning damage normal for an unarmed strike.

CLIMB (1 POINT)

You have a climbing speed of 20 feet.

CONSTRICT (3 POINTS)

As an action, you can automatically deal 1d8 bludgeoning damage to a creature you are grappling.

COUNTERHYPNOTISM (2 POINTS)

You have advantage on all saving throws against enchantment magic.

DARKVISION (4 POINTS)

You can see in dim light within 60 feet of you as if it were bright light and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

HYPNOTIZE (4 POINTS)

When you reach 3rd level, you can cast the *suggestion* spell once with this trait and regain the ability to do so when you finish a long rest.

You can also cast this spell using any spell slots you have of the appropriate level. Charisma is your spellcasting ability for this spell.

OPHIDIAN MAGIC (2 POINTS)

You know the *poison spray* cantrip. You can cast *animal friendship* an unlimited number of times with this trait, but you can target only snakes with it.

You can also cast these spells using any spell slots you have of the appropriate level. Charisma is your spellcasting ability for these spells.

POISON RESISTANCE (3 POINTS)

You have resistance to poison damage.

VENOM RESISTANCE (1 POINTS)

You have advantage on saving throws against being poisoned.

EXAMPLE BIRTH PARENTS

You can make a yuan-ti birth parent option quickly with this example.

YUAN-TI BIRTH PARENT I

One of your birth parents is a yuan-ti. You have subtle serpentine features and resistance to venom.

- Climb
- Darkvision
- Venom Resistance

YUAN-TI BIRTH PARENT II

One of your birth parents is a yuan-ti. You have subtle serpentine features and a poisonous attack.

- Ophidian Magic
- Poison Resistance
- Venom Resistance

YUAN-TI BIRTH PARENT III

One of your birth parents is a yuan-ti. You have venomous fangs and defenses against charms and enchantments.

- Bite
- Counterhypnotism

YUAN-TI BIRTH PARENT IV

One of your birth parents is a yuan-ti. You have a serpentine torso and innate magic.

- Constrict
- Hypnotize

UPBRINGINGS

After selecting your parentage traits, your next step is choosing an upbringing from the listed options provided in this section.

AIR MAGE UPBRINGING

You were raised high in the sky, amongst the clouds.

Ability Score Increase. Your Wisdom and Charisma scores each increase by 1.

Aerial Magic. You know the *gust* cantrip. When you reach 3rd level, you can cast the *witch bolt* spell and regain the ability to do so when you finish a short or long rest.

You can also cast *witch bolt* using any spell slots you have of the appropriate level. Constitution is your spellcasting ability for these spells.

Weapon Training. You have proficiency with the morningstar.

Languages. You are fluent in any two standard languages of your choice.

CANIA UPBRINGING II

You were raised in Cania, the Eighth Hell, or among a people who hail from there.

Ability Score Increase. Choose one ability score that does not benefit from an Ability Score Increase from a parentage. This score increases by 2.

Icy Weapon. Starting at 3rd level, as a bonus action, you may freeze one melee weapon that you are currently holding. For one minute, melee weapon attacks with the weapon deal an additional 1d6 cold damage. You must maintain concentration during that time, as if you were casting a spell. If you lose concentration or lose your grip on the weapon, it warms quickly, returning to a normal temperature. Once you use this ability, you can't use it again until you finish a short or long rest.

Languages. You are fluent in any one standard language and any one other language of your choice.

COVEN UPBRINGING

You were raised by a coven of hags, witches, or warlocks.

Ability Score Increase. Your Charisma score increases by 2.

Broomstick. When you reach 3rd level, you can enchant a long, cylindrical item that has a value of 100 gp or more and is fashioned from rare wood. Enchanting the item is a ritual that takes 1 hour. If you enchant another item with this trait, the first item loses its enchantment.

LANGUAGES

Standard

Rare

Common

Abyssal

Dwarvish

Celestial

Elvish

Draconic

Giant

Deep Speech

Gnomish

Infernal

Goblin

Primordial

Halfling

Sylan

Orc

Undercommon

Once enchanted, the item functions as a *broom of flying* that works only for you. In addition, you can use the item as your spellcasting focus.

Macabre Kill. As a reaction taken immediately after you kill a living creature, you can make its death especially unnerving. Each creature of your choice that is within 60 feet of you and able to see you must succeed on a Wisdom saving throw or be frightened



of you for 1 minute. The DC for this saving throw equals 8 + your Charisma modifier + your proficiency bonus. While frightened in this way, a creature is incapacitated, can't understand what others say, can't read, and speaks only falteringly; the DM controls the creature's movement, which is erratic. A creature can repeat the saving throw at the end of each of its turns, ending the effect on itself on a success. If a creature's saving throw is successful or the effect ends for it, the creature is immune to this trait for the next 24 hours.

Once you use this ability, you can't use it again until you finish a short or long rest.

Languages. You are fluent in any two standard languages and any one other language of your choice.

DEXTROUS UPBRINGING

You were raised to be nimble and lithe.

Ability Score Increase. Choose one ability score that does not benefit from an Ability Score Increase from a parentage. This score increases by 2.

Lucky Footwork. For every failed Dexterity saving throw, roll 1d4 and add it to your total. You can change a failure into a success if this pushes you over the DC. You can use this on any Dexterity saving throw unless you are prone or your speed is 0.

Languages. You are fluent in any two standard languages of your choice.

DIS UPBRINGING II

You were raised in Dis, the Second Hell, or among a people who hail from there.

Ability Score Increase. Choose one ability score that does not benefit from an Ability Score Increase from a parentage. This score increases by 2.

Hellish Weapon. Starting at 3rd level, as a bonus action, you can imbue a weapon that you are currently holding with fiendish poison. For one minute, melee weapon attacks with the weapon deal an additional 1d6 poison damage. You must maintain concentration during that time, as if you were casting a spell. If you lose concentration or lose your grip on the weapon, the poison effect ends. Once you use this ability, you can't use it again until you finish a short or long rest.

Languages. You are fluent in any one standard language and any one other language of your choice.

DISMANTLER UPBRINGING

You were trained to disassemble and dismantle with rapidity and precision.

Ability Score Increase. Your Intelligence score increases by 2, and your Dexterity score increases by 1.

Dismantle. You have advantage on checks made to disassemble or destroy nonmagical structures and objects. Additionally, you have advantage on attacks against constructs.

Ingenuity. When you roll a skill check that requires the use of tools and you have the proper tools, you roll with advantage and double your proficiency bonus. If you do not have the proper tools but have any other set of tools, you only double your proficiency bonus.

Languages. You are fluent in any two standard languages of your choice.

EARTH MAGE UPBRINGING

You were taught from a young age to shape rocks and dirt.

Ability Score Increase. Your Strength and Constitution scores each increase by 1.

Mold Earth. You know the *mold earth* cantrip. Intelligence is your spellcasting ability for it.

Rolling Stone. As a bonus action, your body hardens and you begin rolling like a boulder. While rolling, your base speed is doubled (quadrupled while rolling downhill). As a bonus action, you can stop rolling. When you use your action to Dash while rolling, you can use a bonus action to make one unarmed strike or to shove a creature. This causes you to stop rolling and revert to your true form.

Languages. You are fluent in Primordial and any one standard language of your choice.

FEROCIOUS UPBRINGING

You were raised by warriors to be fierce in battle.

Ability Score Increase. Your Strength score increases by 2, and your Constitution increases by 1.

Ferocious Strike. When you make a melee attack you add half your level (minimum of 1) to attack and damage rolls. Once you use this ability, you can't use it again until you finish a long rest.

Weapon Training. You have proficiency with the glaive, longbow, shortsword, and spear.

Languages. You are fluent in any two standard languages of your choice.

FRIGID UPBRINGING

You were raised in the frozen wilds.

Ability Score Increase. Your Strength score increases by 2, and your Constitution score increases by 1.

Cold Acclimation. You have resistance to cold damage. You're also acclimated to high altitude, including elevations above 20,000 feet.

Frost Magic. When you reach 3rd level, you can cast the *chilling blow* spell (Appendix B) and regain the ability to do so when you finish a short or long rest.

You can also cast this spell using any spell slots you have of the appropriate level. Constitution is your spellcasting ability for it.

Languages. You are fluent in any two standard languages of your choice.

MOUNTAIN UPBRINGING

You were raised in rocky, mountainous regions.

Ability Score Increase. Your Strength and Dexterity scores each increase by 1.

Natural Explorer. You have advantage on Survival checks made to navigate mountainous terrain.

Rock Catching. If a rock or similar object is hurled at you, as a reaction and with a successful Dexterity saving throw, you can catch the missile and take no bludgeoning damage from it. This DC is equal to 10 + 5 for each size category larger the attacker is than you.

Languages. You are fluent in any two standard languages of your choice.

OUTCAST UPBRINGING

You were raised by people exiled from their community and left to fend for themselves.

Ability Score Increase. Your Dexterity score increases by 2, and your Constitution score increases by 1.

Survivalist. You gain proficiency in Survival. You also have advantage on Survival checks made in the terrain that you and your people were exiled to.

Weapon Training. You have proficiency with the longbow, longsword, scimitar, and light crossbow.

Languages. You are fluent in any one standard language and any one other language of your choice.

SINGER UPBRINGING

You were trained to sing so hauntingly that your voice has magical properties.

Ability Score Increase. Your Charisma score increases by 2.

Luring Song. As an action, you sing a magical melody. Up to two living creatures of your choice within 60 feet of you that can hear the song must succeed on a Wisdom saving throw or be charmed until the song ends. The DC for this saving throw is 8 + your proficiency bonus + your Charisma modifier. You must take a bonus action on subsequent turns to continue singing, and you must maintain concentration during that time, as if you were casting a spell.

While charmed by you, the target is incapacitated and ignores the songs of others. If the charmed target is more than 5 feet away from you, the target can take the Dash action on its turn to move toward you by the most direct route. It doesn't avoid opportunity attacks, but before moving into damaging terrain, such as lava or a pit, and whenever it takes damage from a source other than you, a target can repeat the saving throw. A creature can also repeat the saving throw at the end of each of its turns. If a creature's saving throw is successful, the effect ends on it.

A target that successfully saves is immune to your song for the next 24 hours. Once you use this ability, you can't use it again until you finish a long rest.

If you already have Luring Song inherited from a birth parent, you can improve this trait in one of the following ways:

- Increase the range to 300 feet.
- Increase the number of targets by 1.
- Regain the trait after finishing a short or long rest.

Languages. You are fluent in any one standard language of your choice.



SPRINTER UPBRINGING

You were trained from a young age to put on bursts of speed.

Ability Score Increase. Your Strength score increases by 1. In addition, increase one ability score from between Wisdom or Charisma by 1.

Charge. Once per turn, if you move at least 15 feet toward a creature and hit it with a Strength-based melee weapon attack, the target takes an extra 1d6 damage from the attack. This damage increases to 2d6 at 5th level, 3d6 at 11th level, and 4d6 at 17th level.

Languages. You are fluent in any two standard languages and any one other language of your choice.

SUBSISTENCE UPBRINGING

You were raised by those who forsook or avoided cities and towns, making your living in the wilderness.

Ability Score Increase. Your Strength or Wisdom score increases by 1.

Looks Are Deceiving. You have advantage on Deception checks made to downplay your intelligence. Your first attack against a creature that fails this contest is made with advantage.

Simple Weapon Wielder. A simple weapon deals one extra die of its damage when you hit with it.

Wilderness Living. You are proficient in the Animal Handling and Survival skills.

Languages. You are fluent in any two standard languages of your choice.

TELEPATHIC UPBRINGING

You were brought up by a mentally disciplined and telepathic people or guardians.

Ability Score Increase. Your Intelligence or your Wisdom score increases by 1.

Advanced Telepathy. You can communicate telepathically with any creature within 30 feet that is fluent in at least one language.

In addition, you can perceive the content of any telepathic communication used within 60 feet of you, and you can't be surprised by creatures with any form of telepathy.

Telepathic Shroud. You are immune to any effect that would sense your emotions or read your thoughts, as well as all divination spells.

Languages. You are fluent in any one standard language of your choice.

TEMPERAMENTAL UPBRINGING

You were taught from a young age to lose your temper at the merest provocation.

Ability Score Increase. Your Constitution increases by 2.

Furious Temper. If you are insulted, confused, mocked, robbed, inconvenienced, or otherwise bothered by a creature or object, you can fly into a violent tantrum. As a bonus action, choose a creature or object that you can see within 90 feet as the target of your tantrum. Until your tantrum ends, you deal an extra 1d6 damage to the target whenever you hit it with a weapon attack. If the target drops to 0 hit points before this effect ends, you can use a bonus action on a subsequent turn to target a different creature or object.

Your tantrum lasts up to 1 hour. You must maintain concentration for the duration, as if you were casting a spell.

Once you use this ability, you can't use it again until you finish a short or long rest.

Languages. You are fluent in any two standard languages of your choice.

TEMPEST UPBRINGING

You were raised by individuals who chased storms and lived in places frequently struck by them.

Ability Score Increase. Your Strength and Wisdom scores each increase by 1.

Storm Magic. When you reach 3rd level, you can cast the *lightning clash* spell (Appendix B) and regain the ability to do so when you finish a short or long rest.

You can also cast this spell using any spell slots you have of the appropriate level. Constitution is your spellcasting ability for it.

Languages. You are fluent in any two standard languages of your choice.

TREEBOUND UPBRINGING

Through sylvan or other magic, your soul and fate are intertwined with the life and well-being of a tree that is at least one size larger than you.

Ability Score Increase. Your Wisdom and Charisma scores each increase by 1.

Bound to the Forest. Your spirit is bound to a single tree. Your appearance resembles that of the tree, changing with the seasons as your tree does. If the tree takes damage, you take the same amount of damage. If the tree becomes sick, you suffer effects similar to the tree. If your tree dies or is uprooted, you die instantly. If you die, your tree also withers and dies.

Natural Armor. Your skin has the feel of tree bark. When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

Tree Speech. You can communicate with trees as if you shared a language.

Tree Stride. Once per turn as a bonus action, you may enter a tree at least one size larger than you and emerge from another tree within range. To do this, expend 10 or more feet of your movement (in 5-foot increments). You then emerge from another tree within a number of feet equal to twice the movement you expended. You emerge 5 feet from the tree in an unoccupied space of your choice.

Languages. You are fluent in any one standard language and any one other language of your choice.



UNDERDARK UPBRINGING

You were raised in the dark depths of the Underdark.

Ability Score Increase. Your Intelligence score increases by 2, and your Charisma score increases by 1.

Born of Necessity. You gain proficiency in two of the following skills of your choice: Arcana, Insight, Persuasion, Stealth, Survival.

Languages. You are fluent in any two languages of your choice.

UNDERWATER UPBRINGING

You were raised under the sea.

Ability Score Increase. Your Charisma score increases by 2, and your Dexterity score increases by 1.

Strong Swimmer. Increase your swimming speed by 5 feet. If you don't already have a swimming speed, you gain a swimming speed of 20 feet.

Weapon Training. You have proficiency with the spear, trident, light crossbow, and net.

Languages. You are fluent in Primordial and any one standard language of your choice.

VOLCANIC UPBRINGING

You were raised in the fiery heat of an active volcano.

Ability Score Increase. Your Strength and Constitution scores each increase by 1.

Fire Acclimation. You're resistant to fire damage. You're also acclimated to intense heat.

Master Craftsperson. You have proficiency in one artisan tool of your choice.

Languages. You are fluent in any two standard languages of your choice.

WARY UPBRINGING

You were raised among cautious and guarded people, always on the lookout for betrayal and underhandedness.

Ability Score Increase. Your Dexterity, Constitution, and Charisma scores each increase by 1.

Masked. You gain proficiency in one skill of your choice from among Deception, Insight, and Stealth.

Languages. You are fluent in any one standard language of your choice.

APPENDIX A: MIXING AND MATCHING

With the rules provided in the main text of *An Elf and an Orc Had a Little Baby 2*, players can choose traits from as many different parentages as they like, as long as they don't exceed the 16-point maximum.

However, we recognize that players might want to apply this concept to upbringings as well. What follows is the point breakdown for upbringings, along with guidelines for their use.

UPBRINGING

The total points of traits given to a character from their upbringing range from 12–17 points, with the majority falling within 14–16 points. Characters have to stay within the first range of points to keep them balanced. However, your DM may decide to limit you to the second range.

You cannot combine +2s from different upbringings. You can either have a +2/+1 combination or a +1/+1 combination for Ability Score Increases.

Murbol, an orc, has a Dismantler upbringing. Due to his upbringing, he gets a +2 to Intelligence (8 points), a +1 to Dexterity (4 points), Dismantle (1 point), Ingenuity (1 Point), and he is fluent in two standard languages of his choice (0 points). He chooses Common and Orc. Erryn, a triton, has an Underwater upbringing. Due to her upbringing, she gets +2 to Charisma (8 points), a +1 to Dexterity (4 points), Strong Swimmer (1 point), Weapon Training (1 point), and she is fluent in Primordial and one standard language of her choice (1 point). She chooses Common.

Their son Khelmes was raised with a combination of his parents' upbringings. Due to his mixed Dismantler/Underwater upbringing, he gets +1 Dexterity (4 points), +1 Intelligence (4 points), +1 Charisma (4 points), Ingenuity (1 point), Strong Swimmer (1 point), and he is fluent in two languages of his choice (1 point). He chooses Orc and Primordial. His partner Doxia has an Earth Mage upbringing. Because of that she gets +1 Strength (4 points), +1 Constitution (4 points), Mold Earth (2 points), Rolling Stone (4 points), and she is fluent in Primordial and one standard language of her choice (1 point). She chooses Common.

If Doxia and Khelmes raise their child Teoz with a combination of their upbringings and his grandparents' upbringings, he can choose traits equal to no less than 12 and no more than 17, depending on what the DM says. Teoz also cannot combine +2s from different upbringings. He can either have a +2/+1 combination or a +1/+1 combination for ability score increases.

UPBRINGING TRAITS

Traits	Points
Common Traits	
Ability Score Increase +1	4
Ability Score Increase +2	8
Knows a Standard Language	0
Knows 2 Standard Languages	0
Knows 2 Languages	1
Knows 3 Languages	2
Tool Proficiency	1
Weapon Training	1
Air Mage Upbringing	
Aerial Magic	5
Cania Upbringing II	
Icy Weapon	2
Coven Upbringing	
Broomstick	4
Macabre Kill	3
Dextrous Upbringing	
Lucky Footwork	4
Dis Upbringing II	
Hellish Weapon	2
Dismantler Upbringing	
Dismantle	1
Ingenuity	1
Earth Mage Upbringing	
Mold Earth	2
Rolling Stone	4
Ferocious Upbringing	
Ferocious Strike	2

Traits	Points
Frigid Upbringing	
Cold Acclimation	1
Frost Magic	3
Mountain Upbringing	
Natural Explorer	1
Rock Catching	4
Outcast Upbringing	
Survivalist	3
Singer Upbringing	
Luring Song	4
Sprinter Upbringing	
Charge	4
Subsistence Upbringing	
Looks Are Deceiving	1
Simple Weapon Wielder	6
Wilderness Living	4
Telepathic Upbringing	
Advanced Telepathy	5
Telepathic Shroud	6
Temperamental Upbringing	
Furious Temper	5
Tempest Upbringing	
Storm Magic	3
Treebound Upbringing	
Bound to the Forest	-2
Natural Armor	2
Tree Speech	1
Tree Stride	2
Underdark Upbringing	
Born of Necessity	4
Underwater Upbringing	
Strong Swimmer	1
Volcanic Upbringing	
Fire Acclimation	3
Master Craftsperson	1
Wary Upbringing	
Masked	2

APPENDIX B: SPELLS

CHILLING BLOW

1st-level evocation

Casting Time: 1 action

Range: 5 feet

Components: V, M (a weapon)

Duration: 1 round

As part of the action used to cast this spell, you must make a melee attack with a weapon against a target within range, otherwise the spell fails. On a hit, the target suffers the attack's normal effects and takes an additional 1d6 cold damage as it is enveloped in a crust of frost until the start of your next turn. If the target makes an attack roll before then, it immediately takes an additional cold damage equal to 1d6 + your spellcasting ability modifier, and the spell ends.

At Higher Levels. When you cast this spell using a spell slot of 2nd level or higher, the initial extra damage dealt by the attack increases by 1d6 for each slot level above 1st.

ICE BEAM

1st-level evocation

Casting Time: 1 action

Range: Self (30-foot line)

Components: V, S, M (an oblong bead of blue glass)

Duration: Instantaneous

A beam of pale blue light forming a line 30 feet long and 5 feet wide flashes out from your outstretched hand in a direction you choose. Each creature in the line must make a Dexterity saving throw. On a failure, a creature takes 2d8 cold damage, and until the beginning of your next turn its speed is halved and it can't take reactions. On a successful save, a creature takes half as much damage and does not suffer the other effects.

At Higher Levels. When you cast this spell using a spell slot of 2nd level or higher, the damage increases by 1d8 for each slot level above 1st.

Found in *The Elemental Spellbook*.

LIGHTNING CLASH

1st-level evocation

Casting Time: 1 action

Range: 5 feet

Components: V, M (a weapon)

Duration: Instantaneous

Your attack leaves a glowing mote of arcane power in your enemy's wound. As part of the action used to cast this spell, you must make a melee attack with a weapon against one creature within the spell's range. Otherwise, the spell fails. On a hit, the target suffers the attack's normal effects and it takes additional 2d6 thunder damage as electricity arcs from the target to a different creature of your choice that you can see within 5 feet of it. The second creature takes lightning damage equal to 1d6 + your spellcasting ability modifier.

At Higher Levels. When you cast this spell using a spell slot of 2nd level or higher, the lightning damage increases by 1d6 for each slot level above 1st.

Found in *The Blackstaff's Book of 1000 Spells*.